



Get fit. Have fun. Be healthy<sup>®</sup>.

**Introducing Silver&Fit Basic—**  
A fitness and education program  
designed specifically for  
members.

*Unison*  *Advantage*<sup>®</sup>  
A health plan with a Medicare contract.



## Select the option that works for you!

Silver&Fit Basic is a fitness and education program designed specifically for members. There are no copays, coinsurance, or deductibles for the Silver&Fit programs.

As an eligible member, you may choose from the two options listed below:

| Services provided  | Silver&Fit Basic Program | Silver&Fit Home Fitness Program |
|--|--------------------------|---------------------------------|
| Membership at a local participating fitness club   | ✓                        |                                 |
| – Access to cardiovascular and resistance training equipment                               | ✓                        |                                 |
| – Access to fitness club amenities such as saunas, pools, and whirlpools (where available) | ✓                        |                                 |
| – Fitness club exercise classes (if offered as part of fitness club membership)            | ✓                        |                                 |
| Exercise centers, such as Jazzercise®, yoga, and pilates (where available)                 | ✓                        |                                 |
| <i>The Silver Slate</i> ®, a quarterly newsletter for Silver&Fit members                   | ✓                        | ✓                               |
| Access to Silver&Fit Web site  | ✓                        | ✓                               |
| Toll-free telephone assistance (with TTY/TDD option)                                       | ✓                        | ✓                               |
| Option to choose up to two Home Fitness kits   |                          | ✓                               |



As an eligible Silver&Fit Basic member, you may choose one of the two options below:

### 1. Silver&Fit Basic Program

Your Silver&Fit membership\* entitles you to take advantage of all of the services and amenities included with your fitness club or exercise center membership. Fitness club amenities may include access to cardiovascular and resistance training equipment; exercise classes offered by the fitness club; and, where available, saunas, steamrooms, and whirlpools. Amenities offered by exercise centers may vary by facility.

*\* Any nonstandard fitness facility services that typically require an additional fee are not included in your membership.*

### 2. Silver&Fit Home Fitness Program

Your Silver&Fit Home Fitness Program is designed for members who are unable to access a fitness facility or prefer working out at home. When you join, you may choose to receive up to two of the following kits:

- Exercise Kit
- Walking Kit
- Yoga Kit
- Tai Chi Kit
- Pilates Kit
- Aqua Aerobics Kit
- Stress Management Kit
- Strength Kit

The kits will include equipment items (such as pedometer or resistance bands), a booklet with general information about the topic, and a Quick Start guide.

### Access Silver&Fit Online

All members are eligible to register for the Silver&Fit Web site, [www.SilverandFit.com](http://www.SilverandFit.com), which can be viewed in 12-, 14-, or 16-point font and allows you to:

- Utilize the fitness facility locator and enrollment change features in the event you wish to change fitness facilities
- Access fitness literature to help you make healthier lifestyle choices
- Obtain discounts on health and other products
- Choose from multiple health trackers to monitor your progress
- Access the Silver&Fit member newsletters

To register, simply go to [www.SilverandFit.com](http://www.SilverandFit.com). Once you register, you may begin utilizing all of the Web site features.

### The Silver Slate®

Every Silver&Fit member registered on the Web site has access to the online quarterly newsletter with useful information about health and wellness.



## ➤ Getting Started

1. Review your program materials. Consult your physician before you begin Silver&Fit or any physical fitness program.
2. To see a list of participating fitness facilities near you, or to select the Home Fitness Program, visit [www.SilverandFit.com](http://www.SilverandFit.com) and follow the instructions to participate. Or, call Silver&Fit toll-free at **1-877-427-4788 (TTY/TDD 1-877-710-2746)**, Monday–Friday, 8 a.m.–9 p.m. Eastern time. Your Silver&Fit representative will describe the program and will be able to answer any questions you may have about the program.
3. Once you have chosen a fitness facility, bring the temporary ID card enclosed to the facility of your choice. You may be required by the fitness facility you chose to sign a membership agreement, even if you currently have a membership or previously participated in a fitness program offered through your Medicare plan. Your fitness facility will provide further instructions.
4. Begin your workout routine and be on your way toward good health! A permanent ID card with the name of your chosen facility will be sent to you.

**[You can begin using your benefit January 1, 2010.]**

|                        |                                 |
|------------------------|---------------------------------|
| Monday–Friday          | <b>Silver&amp;Fit</b>           |
| 8 a.m.–9 p.m. Eastern  | <b>P.O. Box 509117</b>          |
| 7 a.m.–8 p.m. Central  | <b>San Diego, CA 92150-9117</b> |
| 6 a.m.–7 p.m. Mountain | Call toll-free                  |
| 5 a.m.–6 p.m. Pacific  | 1-877-427-4788                  |
|                        | (TTY/TDD 1-877-710-2746)        |

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Visit us online at [www.SilverandFit.com](http://www.SilverandFit.com).

