

GROUP RETIREE BENEFITS

The Silver&Fit[®] Healthy Aging and Exercise Program¹



Help your retirees stay healthy and active

The Silver&Fit Healthy Aging and Exercise program is available to retirees enrolled in a Kaiser Permanente group Medicare health plan. This program motivates seniors to get moving with:



Membership to a fitness center or YMCA²

and



Home Fitness Kits

Retirees can choose from the program's large network of participating locations to find a fitness center near them. Where available, the program includes:

- Access to cardio and strength training equipment
- A personalized exercise plan based on their fitness goals
- The choice of one Home Fitness Kit per benefit year
- Workout videos on the Silver&Fit website

Plus, you also have access to the Premium Fitness Network, which includes additional fitness center and studio choices and unique experiences like swimming centers, rock climbing gyms, and rowing centers. Premium fitness centers have a monthly buy-up price.

More health and fitness perks

- The Well-Being Club for live virtual classes and events, exclusive articles and videos, and community involvement opportunities.³
- A rewards program for members who track their exercise and activities
- The Silver Slate[®] quarterly newsletter

To learn more about the Silver&Fit program, contact your Kaiser Permanente account manager or retiree consultant.

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Kits and rewards are subject to change. Fitness center participation may vary by location and is subject to change.