

Take Your Fitness Home

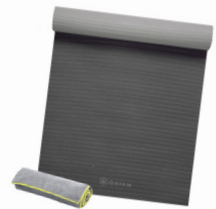
The Silver&Fit[®] program helps you stay active no matter where you live or like to work out!

Choose one Home Fitness Kit per benefit year:*

Fitbit[®] or Garmin[®]
Wearable Fitness
Tracker Kit



Beginner Yoga Kit
with a mat and
hand towel



Walking/Trekking
Kit with 2
walking poles



Intermediate/Advanced
Yoga Kit with a yoga
strap and 2 yoga blocks



Pilates Kit with
a Pilates ball
and towel



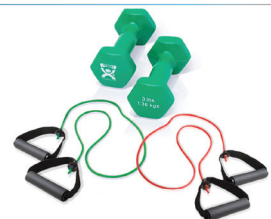
Beginner Strength
Kit with 2-pound
dumbbells and
exercise bands



Beginner Swim Kit with
swimming goggles and
a kickboard



Intermediate
Strength Kit with
3-pound dumbbells
and exercise bands



Advanced Swim Kit
with aquatic resistance
gloves and a pull float



Advanced Strength
Kit with 5-pound
dumbbells and
exercise bands



To order your Home Fitness Kit, please visit SilverandFit.com.

Once you choose a kit, you will get an online promo code. Follow the instructions on how to redeem the code. Your kit will be mailed to you. Shipping times for kits may vary.

For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

*Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Promo codes will expire at the end of the benefit year. Once selected, **kits cannot be exchanged**.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. Silver&Fit and the Silver&Fit logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Kits are subject to change, including the color of items within the kit.

This information is not a complete description of benefits. Contact the plan for more information.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-855-562-8853 (toll free) for additional information. (TTY users should call 711.) For your convenience, our office hours are: from October 1 to March 31: 7 days per week, 8 a.m. to 8 p.m. From April 1 to September 30: Monday through Friday, 8 a.m. to 8 p.m. and on weekends and holidays, your call will be handled by our voicemail system. A Customer Care Representative will return your phone call the next business day. Please contact Sharp Health Plan if you need information in another format.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame 1-855-562-8853 (número gratuito) para obtener información adicional. (Los usuarios de TTY deben llamar al 711.) Para su conveniencia, nuestras horas de oficina son: 1 de octubre al 14 de febrero, los 7 días de la semana de 8 de la mañana a 8 de la tarde. El 15 de febrero al 30 de septiembre, lunes a viernes de 8 de la mañana a 8 de la tarde, y los fines de semana y festivos, su llamada será atendida por nuestro sistema de correo de voz. Un Representante de Servicios de Miembros le devolverá su llamada el día hábil siguiente. Por favor, póngase en contacto con Sharp Health Plan si usted necesita información en otro forma.

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