

# GET FIT AT HOME™

The Silver&Fit® program helps you stay active, no matter where you live or where you like to work out, with home kits that are mailed directly to you!

## Pick one (1) selection from our brand-new Stay Fit Kits per benefit year:

- Fitbit® Wearable Fitness Tracker Kit\*
- Garmin® Wearable Fitness Tracker Kit\*
- Yoga Kit including a mat and hand towel
- Beginner Strength Kit including 2-pound dumbbells and exercise bands
- Intermediate Strength Kit including 3-pound dumbbells and exercise bands
- Advanced Strength Kit including 5-pound dumbbells and exercise bands

## Pick up to 2 selections from our Home Fitness Kits per benefit year (34 options available):\*\*

- Aquatic Exercise
- Athletic Conditioning
- Barre Fitness
- Barre Fitness for All Levels
- Cardio & Strength
- Cardio Blast
- Cardio Pump
- Cardio Quick Fix
- Chair Aerobics
- Chair Boxing
- Chair Dancing
- Chair Dancing Celebration
- Chair Pilates
- Chair Resistance Band
- Chair Tai Chi
- Chair Yoga
- Circuit Burn
- Diabetes Workout
- Exercise for the Bedridden and Physically Challenged
- High Energy Cardio
- High Intensity Bootcamp
- Lean Body Circuits
- Signature Series I: Explore
- Signature Series II: Experience
- Signature Series III: Excel
- Strength & Stamina
- Stress Management
- Tai Chi
- Tai Chi for Balance
- Total Body Workout
- Upper & Lower Body Workouts
- Walking
- Yoga
- Your Best Body Workout

To order your kit(s), please visit [www.SilverandFit.com](http://www.SilverandFit.com).

For questions, call us toll-free at 1-877-427-4788 (TTY/TDD: 711) Monday through Friday, 7 a.m. to 8 p.m. Central time.

\*The Garmin or Fitbit promotional code cannot be used in combination with any other promotion on the Garmin or Fitbit website. Once selected, Stay Fit Kits cannot be exchanged.

\*\*Members cannot select the same Home Fitness Kits twice in the same 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 to a doctor before starting or changing an exercise routine. Silver&Fit, Fit at Home, and the Silver&Fit logo are trademarks of ASH. Other names may be trademarks of their respective owners. The people in this piece are not Silver&Fit members. Kits are subject to change.

*Dean Health Plan, Inc. is a HMO/HMO-POS with a Medicare contract. Enrollment in Dean Health Plan, Inc. depends on contract renewal. Dean Health Plan markets under the names Dean Advantage and Prevea360 Medicare Advantage.*

H9096\_PRD312\_C

M950-1032C-DHP Home Fitness Kits Flier 07/20 © 2020 American Specialty Health Incorporated (ASH). All rights reserved.

