

# GET FIT AT HOME™



The Silver&Fit<sup>®</sup> 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<sup>®</sup> Wearable Fitness Tracker Kit\*
- Garmin<sup>®</sup> 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.

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SSM Health Plan is an HMO/HMO-POS with a Medicare contract. Enrollment in SSM Health Plan depends on contract renewal. SSM Health Plan markets under the name WellFirst Health.

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