

Silver&Fit[®] Fitness

Applies to: All plans

American Specialty Health Silver&Fit[®] Fitness

Silver&Fit[®] is a basic fitness benefit that includes fun and energizing programs that help older adults take greater control of their health by encouraging physical activity. It is designed to improve overall fitness by increasing muscular strength, endurance, flexibility, agility, and balance. Physical exercise improves the overall wellbeing of the member.

Original Medicare

Original Medicare does not cover fitness services.

Premera Blue Cross Medicare Advantage (HMO) Plans Enhanced Benefit

Premera Blue Cross Medicare Advantage (HMO) Plans are Medicare Advantage plans, that provides at least the same level of benefit coverage as Original Medicare (Part A and Part B) and may provide enhanced benefits beyond the scope of Original Medicare within a single health care plan. This flexibility allows Premera Blue Cross to offer enriched plans by using Original Medicare as the base program and adding desired benefit options such as Silver&Fit[®] fitness.

Coverage for the Silver&Fit[®] fitness program is provided to members under all Premera Blue Cross Medicare Advantage HMO individual plans. Because Original Medicare doesn't cover fitness services, the scope of the benefit, reimbursement methodology, maximum allowed payment amounts, and member cost sharing are determined by Premera Blue Cross for individual coverage.

Benefits Include:

- Silver&Fit membership at any participating facility location across the country
- Get Started program, which you can participate in by answering a few online questions to receive your personal exercise plan.
- Home Fitness kit that includes ten different options. Members may choose up to one kit per year
- Digital library that includes over 8,000+ digital workout videos on the Silver&Fit ASHConnect[™] mobile app and Silver&Fit website
- A collection of daily workout classes on Facebook Live and the Silver&Fit YouTube Channel
- A quarterly newsletter

- One-on-one Silver&Fit Health Aging Coaching sessions by phone where a coach will give members personalized attention in fitness, nutrition, and other lifestyle areas.
- The Silver&Fit Connected™ tool for tracking activity.

Eligible members will receive a Silver&Fit membership card and may enroll at one of the participating fitness centers. Members can visit participating gyms and utilize one Home Fitness per year. Members must show their Premera Blue Cross Medicare Advantage (HMO) identification card when enrolling at one of the participating fitness centers.

Conditions for Benefit

The Silver&Fit fitness program is a specialized program designed specifically for seniors that includes membership payments at participating facilities. Members who chose to participate in this program must register for the program by **calling toll-free, 1-877-427-4788 (TTY/TDD: 711)**, Monday through Friday, 5 a.m. to 6 p.m. Pacific time, or by visiting online at <https://www.silverandfit.com>. The Silver&Fit program is provided by American Specialty Health (ASH).

The Silver&Fit benefit does not include gym or health club memberships other than for those facilities that participate in the program.

Member Cost-Sharing

- Services that require added costs (e.g., court sports, massage therapy, etc.) may be available at some centers. However, the member is fully liable for the costs associated with any services that require additional charges.
- If the member elects to receive a non-covered service, he or she is responsible for the entire charge associated with the non-covered service.
- To verify member eligibility, benefits, and cost share, go to the Premera Blue Cross Medicare Advantage HMO secure website at premera.com/wa/provider/medicare-advantage/. Click on the “medical tools and resources” button.

Contact Information

Members with questions concerning Silver&Fit benefits can call Premera Blue Cross Medicare Advantage (HMO) Plans at 888-850-8526 (TTY: 711), or American Specialty Health™ at 1-877-427-4788. Information about Silver&Fit is also available on their website [https://www.silverandfit.com/.](https://www.silverandfit.com/)

Revision History:

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