

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.

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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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.

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