

CAN'T MAKE IT TO THE GYM?

Silver&Fit® members can work out in the convenience of home with the Silver&Fit Home Fitness Program!

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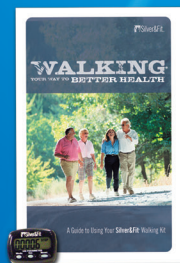
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Silver&Fit is an exercise and healthy aging program that helps seniors improve their health by offering memberships at fitness clubs and exercise centers nationwide. But for members who prefer to work out at home, Silver&Fit also provides a selection of 8 exciting Home Fitness Kits. No matter where they live, Silver&Fit members now have the choice they need to get fit on their own terms. Kits are mailed directly to the member's home.

Members can choose from the following:

- 1. Stress Management Kit** includes a CD and booklet on mind-body techniques.
- 2. Pilates Kit** includes a DVD, instructional booklet, and Quick Start guide.
- 3. Strength Exercise Kit** includes a DVD, instructional booklet, and Quick Start guide.
- 4. Aquatic Exercise Kit** includes a water Pilates DVD, instructional booklet, and Quick Start guide.
- 5. Dance Kit** includes a DVD, instructional booklet, and Quick Start guide.
- 6. Walking Kit** includes a pedometer with instructions to help members track their distance, as well as a booklet with tips to help members get started.
- 7. Yoga Kit** includes a DVD, yoga strap, instructional booklet, and Quick Start guide.
- 8. Tai Chi Kit** includes a DVD, small towel, instructional booklet, and Quick Start guide.

A Coordinated Care plan with a Medicare Advantage contract and a contract with the Oregon Medicaid program. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan. Benefits, formulary, pharmacy network, premium and/or co-payments/co-insurance may change on January 1, 2013. Limitation, copayments, and restrictions may apply.

For more information about the Silver&Fit Program, please contact CareOregon Advantage toll-free at 1-888-712-3258 (TTY/TTD phone 1-800-735-2900) or local 503-416-4279, Monday–Sunday, 8 a.m.–8 p.m., Pacific time.

H5859_4010_CO_0025
File and Use 09/21/2011