



Regence

Silver&Fit®

Enjoy the Freedom of Home Fitness



No matter where you live or where you like to work out, the Silver&Fit® program helps you stay active. Pick one Home Fitness Kit* and get ready to move!

Choose from the following:

- Fitbit® Wearable Fitness Tracker Kit
- Garmin® Wearable Fitness Tracker Kit
- Pilates Kit with a Pilates ball and hand towel
- Beginner Strength Kit with 2-pound dumbbells and exercise bands
- Intermediate Strength Kit with 3-pound dumbbells and exercise bands
- Advanced Strength Kit with 5-pound dumbbells and exercise bands
- Beginner Swim Kit with swimming goggles and a kickboard
- Advanced Swim Kit with aquatic resistance gloves and a pull float
- Beginner Yoga Kit with a mat and hand towel
- Intermediate/Advanced Yoga Kit with a yoga strap and 2 yoga blocks

To order your Home Fitness Kit, please visit www.SilverandFit.com.

Once you have selected a kit, you will receive an online promo code and instructions on how to redeem it. Your kit will be mailed to you within 10 days of code redemption on the vendor's website!

For questions, call the Silver&Fit program toll-free at 1-888-797-8086 (TTY: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

*Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, **kits cannot be exchanged.**

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American Specialty Health Incorporated is a separate company that provides fitness programs for Regence members.

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