

## Introducing Silver&Fit Affinity™ — A Walking and Exercise Program for Seniors

Dear Valued WHP Member:

What can be more important than taking care of your health and well-being? Silver&Fit Affinity is an exciting new program that can help you get fit and have fun along the way.

Silver&Fit Affinity provides:

- Best pricing on memberships at participating fitness clubs, with free one-week trials
- Option to select from one or two of the following Home Fitness kits: Walking Kit, Exercise Kit, Stress Management Kit, Pilates Kit, Yoga Kit, Aquatics Kit, Tai Chi Kit, and Strength Kit
- A Web site with a wide variety of tools and resources, including a quarterly newsletter designed specifically for Silver&Fit Affinity members
- A toll-free customer service hotline to answer questions about the program

Prior to participating in this or any other exercise program, it is important for you to seek the advice of a physician or other qualified health professional.

You may enroll in Silver&Fit Affinity by visiting [www.SilverandFitAffinity.com](http://www.SilverandFitAffinity.com) or by calling toll-free **1-877-808-2746 (TTY/TDD phone 1-877-710-2746)**, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

Sincerely,

Welborn Health Plans

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# Fitness is Timeless<sup>®</sup>

 Silver&Fit Affinity™

 WELBORN  
HEALTH PLANS

Silver&Fit Affinity™ is a walking and exercise program that can help you stay active and improve your health. Walk at least 5,000 steps or exercise a minimum of 30 minutes a day and feel the difference.

## Silver&Fit Affinity provides:

- Option to select from one or two of the following Home Fitness kits: Walking Kit, Exercise Kit, Stress Management Kit, Pilates Kit, Yoga Kit, Aquatics Kit, Tai Chi Kit, and Strength Kit
- Best pricing on memberships at participating fitness clubs, with free one-week trials
- Access to SilverandFitAffinity.com for online tools and resources

Start on the road to better health today! Enrollment is easy.

Simply enroll online [www.SilverandFitAffinity.com](http://www.SilverandFitAffinity.com) or call our Customer Service department toll-free at **1-877-808-2746 (TTY/TDD phone 1-877-710-2746)**, Monday–Friday, 5 a.m.–6 p.m. Pacific time.

Prior to participating in this or any other exercise program, it is important for you to seek the advice of a physician or other qualified health professional.





## The Silver&Fit Affinity program includes:

- **Option to choose up to two Home Fitness kits—**

You will have the option to select from one or two of the following:

- > Walking Kit
- > Exercise Kit
- > Stress Management Kit
- > Pilates Kit
- > Yoga Kit
- > Aquatics Kit
- > Tai Chi Kit
- > Strength Kit

The kits will include equipment items (such as pedometer or resistance bands), a booklet with general information about the topic, and a Quick Start guide.

- **Best pricing on memberships at participating fitness clubs—**

You will have access to a national network of fitness clubs and exercise centers that offer either a minimum 10 percent discount off initiation and/or monthly dues, or the best available public rate based on the type of membership selected.

- **Free one-week trials at participating fitness clubs—**

To help you find the fitness club that's right for you, once you enroll in Silver&Fit Affinity, you will receive up to three free one-week trials at any of the participating fitness clubs.

- **Internet Tools—**At [SilverandFitAffinity.com](http://SilverandFitAffinity.com), you'll have access to a wide variety of online resources, where you can:

- > Enroll in Silver&Fit Affinity
- > Track your daily progress
- > Find tips on starting a walking routine
- > Create customized meal and exercise plans
- > View e-coaching modules
- > Shop at an online store with wide variety of health and wellness products at discounted prices

To enroll in Silver&Fit Affinity, simply visit [www.SilverandFitAffinity.com](http://www.SilverandFitAffinity.com) or call our Customer Service department toll-free at **1-877-808-2746 (TTY/TDD phone 1-877-710-2746)**, Monday–Friday, 5 a.m.–6 p.m. Pacific time.

Silver&Fit Affinity is a fitness program; it is not insurance.

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