



Keeping Fit at Home™ or at the Gym

By joining the no-cost Silver&Fit® program, you will be supported on your healthy aging journey. Eligible members can enjoy tools and features including:



1,500+ Digital Workout Videos

You can view yoga, strength, Pilates, walking, cardio, and many other workout videos on the Silver&Fit website.



Daily Workout Videos

You can join daily workout classes on Facebook Live and the Silver&Fit YouTube channel.
www.facebook.com/SilverandFit
www.youtube.com/SilverandFit



Stay Fit Kits

You can select one (1) Stay Fit Kit per benefit year. Choices include a Wearable Fitness Tracker Kit, Yoga Kit, or Strength Kit.



Home Fitness Kits

You can pick up to 2 kits per benefit year from our 34 unique options, including Aqua, Tai Chi, Chair-Based Exercise, and more.



Access to One of 15,000+ Participating Fitness Centers

You can work out at one of a variety of participating fitness centers and select YMCAs.



Healthy Aging Coaching

You can address your fitness and nutrition goals during scheduled phone sessions with a coach.

Find member support at BlueConnectNC.com and 1.888.797.8058 (TTY: 711),
Monday - Friday, 8 a.m. – 9 p.m Eastern time.

NEW! Expanded Digital Fitness Library and Daily Online Workouts

Created for Older Adults!

Beginning next year, we will offer a newly expanded library of more than 1,500 digital workout videos exclusively for the Silver&Fit program. Join us on Facebook Live and YouTube starting Oct. 1 for a sneak peek at the various types and levels of workouts that will be available to Silver&Fit members next year. See below for our daily schedule this fall on Facebook Live and YouTube.*

	Monday <i>Cardio</i>	Tuesday <i>Yoga</i>	Wednesday <i>Strength/ Bodyweight</i>	Thursday <i>Flexibility</i>	Friday <i>Mixed Format</i>
12 p.m. ET	Beginner: Explore the start to your fitness journey				
1 p.m. ET	Intermediate: Experience kicking your workout up a notch				
2 p.m. ET	Advanced: Challenge your skills and fitness				
3 p.m. ET	International: Enjoy workouts from around the globe				

For additional information on the Silver&Fit program, including daily workout class schedules and levels, visit us at:

BlueConnectNC.com | www.facebook.com/SilverandFit | www.youtube.com/SilverandFit



*Class schedule subject to change.

S950-1173A-BCBSNCMA Program Promo Flier 9/20 © 2020 American Specialty Health Incorporated (ASH). All rights reserved. The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Fit at Home, Silver&Fit, and the Silver&Fit logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Kits are subject to change. Participating facilities and fitness chains may vary by location and are subject to change.

BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association The Silver&Fit program does not offer Blue Cross or Blue Shield products or services.

U36841
Y0079_9475_C PA

