



Get Connected & Rewarded

You can use the Silver&Fit® program's **Silver&Fit Connected!™** tool to track your exercise and activity—and improve your health! Go to www.SilverandFit.com to register and start earning rewards for reaching your fitness goals!

Silver&Fit Rewards Program

On the Silver&Fit website, view the list of wearable fitness trackers and mobile apps that can be connected with the program. Register your device through our website and allow us to receive your activity tracking data.

Earn a Silver&Fit hat and collectible pins as rewards for exercising routinely and tracking your exercise. See the chart on the back of this flier for details on points and rewards.*

To start earning rewards:

- Sign up for a membership at participating fitness centers or select YMCAs that send visit data directly to the Silver&Fit program.
- Choose one Home Fitness Kit per benefit year.
- Get moving when you exercise with our on-demand workout videos on the Silver&Fit website and the ASHConnect™ mobile app.

How to earn your rewards

Earn 300,000 points per quarter to receive your reward:

1st quarter threshold met	2nd quarter threshold met	3rd quarter threshold met	4th quarter threshold met
Choose a hat	Earn a collectible pin	Earn a collectible pin	Earn a collectible pin

Complete the activities below to earn points towards your reward:

Activity	One step	One minute of cycling, swimming, or other activities	One fitness center visit	Watching one on-demand workout video	Watching one individual exercise video
Points	1	250	10,000	10,000	500

Want to learn more? Visit www.SilverandFit.com to register and go to the Rewards section of your account.

You can also call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, between 6 a.m. to 7 p.m. Mountain Standard Time, to get started today!

**Rewards are subject to change. Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Silver&Fit program. Activity completed before members opt in to the Rewards program will not count towards the first reward.*

Your use of the Silver&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program. The Silver&Fit program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). All programs and services aren't available in all areas. Please talk with your doctor before starting or changing your exercise routine. The persons in this piece are not Silver&Fit members. Silver&Fit, Silver&Fit Connected!, ASHConnect, and the Silver&Fit logo are trademarks of ASH. Kits are subject to change. Other logos may be trademarks of their respective owners. Participating facilities and fitness chains may vary by location and are subject to change.

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