



Silver&Fit® Healthy Aging Coaching

Get the help you need through life's many peaks and valleys with Silver&Fit Healthy Aging Coaching.*

Work with a certified health coach during remote sessions (phone, video, or online messaging).**

Receive advice on:

- Being active
- Healthy eating
- Lifestyle choices
- Aging well
- Managing conditions
- Brain health

With the support of your health coach, you will:

- Create your own Healthy Aging Life Plan
- Choose one or two areas you'd like to improve
- Set specific goals and steps to achieve those goals
- Learn how to stay motivated as you work towards future goals

To get started, call Silver&Fit Customer Service toll-free at **1.877.427.4788 (TTY/TDD: 711)**, Monday through Friday, 6 a.m. to 7 p.m. Mountain Standard Time.

*Information provided by Silver&Fit health coaches and the Silver&Fit program does not take the place of information, advice, recommendations of your physician/doctor or any other specialty health care providers.

**Members will work with their coach to determine the best session frequency. Initial session lasts up to 30 minutes; subsequent sessions last up to 15 minutes.

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