

## 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

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.

M950-1104D-BANH 07/23 © 2023 American Specialty Health Incorporated (ASH). All rights reserved. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The persons in this piece are not Silver&Fit members. Silver&Fit and the Silver&Fit logo are federally registered trademarks of ASH.

Y0152\_MKpd19724\_C