



Medicare retiree healthy aging and exercise program

As an NDPERS Medicare retiree and a Sanford Health Plan member, you can enroll in the Silver&Fit® program at no cost. This healthy aging program offers flexible fitness options, digital tools and resources that can be tailored to your individual needs.

What's included at NO COST TO YOU:

- Membership at a participating **standard fitness center or YMCA**
- Access to **thousands of on-demand workout videos**
- A **personalized workout plan** based on your fitness goals
- Access to the **Well-Being Club** with live virtual classes, events and wellness resources
- One-on-one **Well-Being Coaching** (phone, video, or chat sessions)
- Use of the **Silver&Fit Connected!™** tool to track activity and earn rewards
- Fun **rewards program** for staying active – like Silver&Fit-branded gear and pins

Optional Services with a Fee:

- Up to **8 virtual personal training sessions per year** with a certified FitnessCoach™ personal trainer (\$30 per session)
- Access to **Premium Fitness Network** locations (such as boutique gyms, yoga studios, rock climbing or martial arts) – monthly fees vary by location and are paid directly by you

What kinds of fitness centers are part of the program?

The program includes:

- Coed fitness centers, including all YMCA facilities
- Gender-specific fitness centers
- Fitness studios, which may include pools, yoga and Pilates studios
- Premium fitness network choices (fees apply)

How do members join and sign up for Silver&Fit?

- Visit silverandfit.com
- Click '*Check Eligibility*'
- Register and select a participating fitness center or YMCA

If you'd like to speak with a Silver&Fit customer service agent, call **(877) 427-4788 (TTY/TDD: 711)** toll-free. For more information about your benefits, [CLICK HERE](#) or visit ndpers.nd.gov. View more resources at silverandfit.com.



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