

Enjoy a fitness program that puts your *well-being* first



Introducing the Silver&Fit® Well-Being Club

We are excited to share a brand-new Silver&Fit feature in 2023!

Available on the Silver&Fit website, the Well-Being Club gives you a space to:

- Enjoy exclusive resources, like articles and videos, customized to your interests
- Join as many live-streaming virtual events as you want, such as workouts, workshops, game days, and virtual tours, through the Zoom platform
- Connect with others through in-person social groups

What are you waiting for? Join the club at www.SilverandFit.com!

As a Silver&Fit member, you also get:*

- Membership options at thousands of fitness centers and YMCAs nationwide, including Premium locations**
- Your choice of one Home Fitness Kit per benefit year***
- Workout Plans to help you start an exercise routine
- Healthy Aging Coaching sessions with a trained coach
- On-demand workout videos on the Silver&Fit website and mobile app



Register at www.SilverandFit.com today to enjoy all the Silver&Fit program has to offer.

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*Program fees may apply.

**Fees apply and vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

***Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, kits cannot be exchanged.

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Farm Bureau Advantage HMO is a Medicare Advantage Plan with a Medicare contract. Enrollment in Farm Bureau Advantage HMO depends on contract renewal. Farm Bureau Advantage HMO is not available in all Tennessee counties. Please refer to the Tennessee county list at fbhp.com to confirm eligibility.

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