

Enjoy the Freedom of Home Fitness

The Silver&Fit® program helps you stay active! No matter where you live or where you like to work out, enjoy one Home Fitness Kit for only \$10 per benefit year.*

Choose one kit from the following:

Fitbit® Wearable
Fitness Tracker Kit



Garmin® Wearable
Fitness Tracker Kit



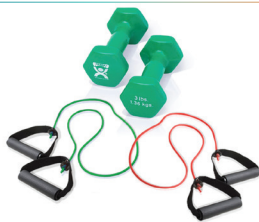
Pilates Kit with a
Pilates ball
and towel



Beginner Strength
Kit with 2-pound
dumbbells and
exercise bands



Intermediate
Strength Kit with
3-pound dumbbells
and exercise bands



Advanced Strength
Kit with 5-pound
dumbbells and
exercise bands



Beginner Swim Kit with
swimming goggles and
a kickboard



Advanced Swim Kit
with aquatic resistance
gloves and a pull float



Beginner Yoga Kit
with a mat and
hand towel



Intermediate/Advanced
Yoga Kit with a yoga
strap and 2 yoga blocks



To order your Home Fitness Kit, please visit www.SilverandFit.com.

Once you choose a kit, you will get an online promo code and instructions on how to redeem the code. After you redeem the code, your kit will be mailed to you within 10 days!

For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 7 a.m. to 8 p.m. Central time.

*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 Health Plans is a Medicare Advantage HMO and a Prescription Drug Plan (PDP) with a Medicare contract. Enrollment in Farm Bureau Advantage HMO or PDP 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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