

# Silver&Fit<sup>®1</sup> Exercise & Healthy Aging Program

Health Net of California, Inc. (Health Net) is committed to supporting providers and hospitals in their efforts to provide alternative noninvasive treatment to members with low back pain.

The 2018 Silver&Fit<sup>®</sup> program offers Health Net Medicare Advantage members access to strength training courses, yoga and other mindfulness-based stress reduction techniques to address low back pain, FREE of charge. Silver&Fit program benefits include:

- No-cost access to fitness clubs and exercise centers.
- Group classes made for older adults, where offered.
- Option to work out at home using up to two home fitness kits per year.
- Healthy-aging classes (online or DVD).



Providers can check a member's eligibility for the 2018 Silver&Fit program using the table on the right. To refer a member to the 2018 Silver&Fit program or to obtain more information, please call Health Net Member Services at **1-877-743-1137**. Providers may also direct members to the Silver&Fit website at **[www.silverandfit.com](http://www.silverandfit.com)** for more information.

Plan	Counties	Fitness
Amber I	Fresno, Kern, Los Angeles, Orange, Riverside, San Bernardino, San Diego, San Francisco, Tulare	Core
Amber II	Fresno, Kern, Los Angeles, Orange, Riverside, San Bernardino, San Diego, San Francisco, Tulare	Core
Amber II Premier	Fresno	Core
Gold Select	Los Angeles, Orange	Core
Gold Select	Riverside, San Bernardino	Core
Green	Alameda, Placer, Sacramento, Sonoma, Stanislaus	OSB
Healthy Heart	San Francisco	OSB
Healthy Heart	San Diego	Core
Healthy Heart	Yolo	Core
Healthy Heart	Alameda, Stanislaus	OSB
Healthy Heart	Placer, Sacramento	OSB
Healthy Heart	Fresno	OSB
Healthy Heart	Los Angeles, Orange	OSB
Healthy Heart	Riverside, San Bernardino	OSB
Jade	Kern, Los Angeles, Orange	Core
Jade	San Diego	Core
Ruby	Kern	OSB
Ruby	Santa Clara	OSB
Ruby Select	San Francisco	Core
Ruby Select	Yolo	OSB
Ruby Select	Alameda	OSB
Sapphire	Los Angeles, Orange, San Diego, Kern, Riverside, San Bernardino	Core
Sapphire Premier	Fresno, Los Angeles, Orange, San Diego, San Francisco	Core
Sapphire Premier	Riverside, San Bernardino	Core

Core = Core benefit to a member OSB = Optional Supplemental Benefit

<sup>1</sup>The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH).