

GET CONNECTED (AND REWARDED)

WITH THE SILVER&FIT® PROGRAM

You can use the Silver&Fit Connected!™ program to track your exercise and activity—and improve your health! How you get active is up to you! Plus, you can even earn rewards for reaching your goals!

SILVER&FIT REWARDS PROGRAM

Receive a Silver&Fit hat and collectible pins as rewards for exercising routinely and tracking your exercise. See the chart on the back of this flier for details on earning your rewards.*

Choose from many popular wearable fitness devices, apps, and exercise equipment listed on www.SilverandFit.com, and pick the one that works best for you. Register the device and allow for data to be sent to www.SilverandFit.com for activity tracking.



See back side
of flier to learn
how you can
earn Silver&Fit
collectible pins!

CHOOSE ONE OF THE FOLLOWING OPTIONS

- » Sign up for a no-cost membership at one of more than 12,000 fitness centers or YMCAs contracted to send visit data directly to the Silver&Fit program.
- » If you prefer to work out at home, you can select up to 2 home fitness kits per benefit year as another option.

Note: You must register and use an app or wearable fitness device to earn rewards through the Home Fitness program.

For more details on devices and apps, you can visit www.SilverandFit.com.

HOW TO EARN YOUR REWARDS

Earn 300,000 points per quarter to receive your reward

First quarter threshold met	Second quarter threshold met	Third quarter threshold met	Fourth quarter threshold met
Choose a hat	Earn a collectible pin	Earn a collectible pin	Earn a collectible pin

Complete the activities below to earn points toward your reward

Activity	Points
One fitness center visit	10,000
One minute of cycling, swimming, or other activities	250
One step	1

CHALLENGE YOURSELF!

Stay motivated with fun and social Silver&Fit challenges. Take on yourself or set up team-based or one-on-one challenges with another member. You can invite “Supporters” like an eligible friend, spouse, or partner to cheer for you as you work on your goals.

Want to learn more?

Contact Moda's Customer Service Team at 1.888.217.2375, Monday through Friday, 7 a.m. to 8 p.m. PST.



*Rewards subject to change. Purchase of a wearable fitness device or application may be required and is not reimbursed by the Silver&Fit program.

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Moda Health Plan, Inc. is a PPO, HMO and a stand-alone prescription drug plan with Medicare contracts. Enrollment in Moda Health Plan, Inc. depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and or copayments/coinsurance may change on January 1 of each year.