



Welcome to the Silver&Fit® Healthy Aging and Exercise Program!

Dear Member:

We're happy to tell you that The Hartford will offer the Silver&Fit program starting January 1, 2026.

The program is built for you and includes:

- Access to a network of participating fitness centers and select YMCAs.¹
- Access to the Premium Fitness Network, which includes additional locations like fitness centers, studios, and unique fitness experiences, for a nonrefundable monthly buy-up price.²
- One Home Fitness Kit per benefit year from the available options.³
- Workout Plans to help you start or continue an exercise routine.
- On-demand workout videos for all fitness levels on the website.
- The Well-Being Club where you can join live virtual classes and events, attend in-person meetups, and get access to exclusive articles and videos.
- One-on-one Well-Being Coaching sessions by phone, video, or chat for support in areas like fitness, healthy eating, stress, sleep, and losing weight while taking GLP-1 or anti-obesity medications.⁴
- The Silver&Fit Connected!™ tool for tracking activity.⁵
- FitnessCoach™ live virtual personal training sessions with a certified personal trainer.⁶
- And more!

Go to **SilverandFit.com** to learn more about the program. You can create an account on or after your effective date.

Please talk with your doctor before you start or change your exercise routine.

For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

Sincerely,

A handwritten signature in black ink, appearing to read 'Kirk Hartman'.

Kirk Hartman
Vice President, Fitness Customer Service

¹You may need to sign a membership agreement with the fitness center or YMCA, even if you have a current membership agreement or have had one in the past.

²Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

³Kits are based on availability and subject to change. Once selected, kits cannot be exchanged.

⁴The Silver&Fit program is not a medical provider or pharmacist, and its coaches do not offer medical or pharmaceutical advice. They cannot and do not diagnose or treat medical, mental health, or other health conditions. Coaches provide general information for educational purposes only. For any medical or health concerns, consult a qualified healthcare professional.

⁵Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and are not reimbursable by the Silver&Fit program. Your use of the Silver&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity.

⁶Fees and limitations apply.

The Silver&Fit program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit, Silver&Fit Connected!, FitnessCoach, and the Silver&Fit logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Limitations, member fees, and restrictions may apply. Fitness center participation may vary by location and is subject to change.

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The Silver&Fit® Program Empowers You



National Network of Fitness Centers

Access to a network of participating fitness centers or select YMCAs. You also have access to Premium locations, including fitness centers, studios, and unique fitness experiences, for a buy-up price.¹



Workout Plans

Answer a few online questions to get a custom exercise plan that focuses on goals like getting stronger, staying fit during recovery, and chronic condition management.



Home Fitness Kits

Pick one kit per benefit year from the available options.²



Well-Being Coaching

Get support in areas like fitness, healthy eating, stress, sleep, and weight loss while taking GLP-1 or anti-obesity medications. Trained coaches are available by phone, video, or chat.³



On-Demand Workout Videos

Visit the Silver&Fit website to find workout videos for all fitness levels.



Well-Being Club

Learn new skills and focus on well-being with live virtual classes and events, opportunities to connect in-person, and exclusive articles and videos.



FitnessCoach™ Virtual Personal Training

Challenge yourself through live virtual sessions with a certified personal trainer.⁴

Go to SilverandFit.com to get started today! For questions, call us toll-free at 1.877.427.4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

¹Fitness center participation may vary by location and is subject to change. Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.

²Home Fitness Kit promo codes cannot be used in combination with any other promotions on third-party vendor websites. Promo codes will expire at the end of the benefit year. Once selected, **kits cannot be exchanged**. Kits are based on availability and subject to change.

³The Silver&Fit program is not a medical provider or pharmacist, and its coaches do not offer medical or pharmaceutical advice. They cannot and do not diagnose or treat medical, mental health, or other health conditions. Coaches provide general information for educational purposes only. For any medical or health concerns, consult a qualified healthcare professional.

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