

Group Medicare – 2025 Health Fitness Changes

2024 vs. 2025 Comparison

Program Content	2024 Benefit Year (S&F)	2025 Benefit Year (One Pass™)
Overview	With Silver&Fit, retirees can stay active and thrive by choosing a gym membership or a home fitness program.	A whole-body health fitness plan that keeps you engaged and stimulated by offering the most variety and access. At One Pass, we're on a mission to make fitness flexible and engaging for everyone. We're here to help you reach your whole-body health goals while having fun and discovering new passions along the way.
Fitness Center Network	Standard Network of participating fitness center and select YMCAs	A robust fitness network, featuring 27K+ fitness locations, including independent, corporate, YMCAs, senior centers, community centers, premium and boutique studios, including Orangetheory® Fitness, Life Time®, StretchLab, Club Pilates®, Pure Barre®, The Exercise Coach®. Members will have access to standard amenities and services at standard network locations and are allowed multi-location access during the same month. Members accessing premium network locations have access to a specific number of classes per month at fitness studios.
Home Kits	Members may choose one Home Fitness Kit from a selection of eleven options such as Fitbit or Garmin Wireless Activity Tracker, one of two Yoga Kits, a Pilates Kit, one of two Swim Kits, Trekking Kit or one of three different Strength Kits (includes dumbbells and resistance bands)	Home fitness kits designed for members who prefer to work out at home: <ul style="list-style-type: none"> • Strength kit: resistance band, tubing, door anchor, exercise cards specific to balance and coordination • Yoga kit: yoga mat, yoga block, yoga strap for flexibility, DVD with two 20-minute practices • Dance kit: Quick start guide, dance video, fresh and simple nutrition book, everyday weight-loss plan
Workout Plans	The Workout Plans feature will be a Q&A component that will guide the member towards a more tailored member experience on the website (recommendation engine). The goal is to not only offer a suggestion for a home fitness kit but also suggest resources and digital workouts during the Workout Plan Q&A	Digital Solutions i.e., workout builder <ul style="list-style-type: none"> • Activity, device, progress tracking • Integration with devices including Apple Watch, heart rate monitors and wearables.
Digital Workout Library	Goal of 13,000+ workout videos on www.SilverandFit.com and the Silver&Fit ASHConnect mobile app. Includes 3rd party and ASH produced video content with emphasis on older adult exercise videos (2,500) unique in the market	Digital solutions including 23K+ on-demand & livestreaming fitness classes through web, app and TV, plus a workout builder. <ul style="list-style-type: none"> • Video and audio workouts • Strategic partnerships with fitness industry leaders including Age Bold, FitBit Premium, Daily Burn, Volt, p.volve™, and more
Connected!	250+ Trackers and Apps under Connected	Complimentary access to virtual and in-person social activities & events
Rewards	Members can earn collectible hats and pins by tracking activity, fitness center visits, and participation in digital workout videos through the Silver&Fit Connected! too	N/A
Well-Being Club	Enhanced feature of the Silver&Fit website that focuses on community with a personalized approach to fitness, well-being, and community connection. The Well-Being Club allows members the opportunity to view customized healthy habit resources as well as attend live-streamed classes and events	Cognitive brain health online training programs from CogniFit®