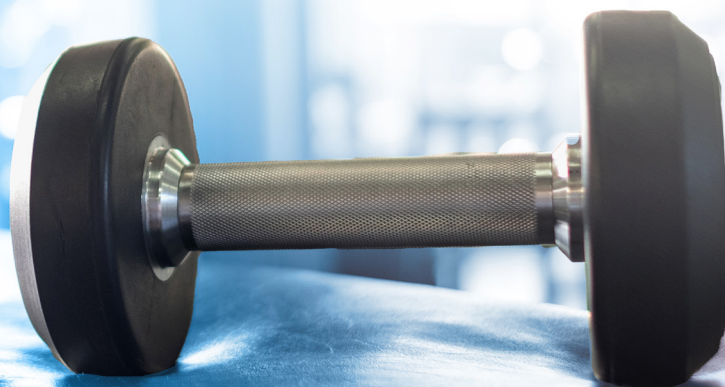


Silver&Fit® Programa



Agbirbiruk ka kadi iti baro a lugar nga pagwatwatan?

Babaen iti programa ti Silver&Fit, mabalin ka a makipset kadagiti sentro ti fitness iti natibker a network iti bassit wenno awan ti magastos.

Katoy no kasano ti panagandarna.

Addang 1: Agparehistro iti silverandfit.com.

Addang 2: Piliem dagiti sentro ti fitness mo:

- Agehersisio kadagiti sentro ti fitness iti Network ti Kadawyan a Fitness iti bagi ti Silver&Fit nga awan ti magastos.
- Wenno, i-access dagiti lokasion iti Network ti Premium a Fitness pakairamanan dagiti sentro ti fitness, estudio, ken naisangsangayan nga kapadasan ti fitness nga awan ti bayadna.*

Agdama daytoy a listaan maipud idi Enero 2025.

Tapno sukimaten dagiti update, bisitaen ti **silverandfit.com** wenno tawagan ti **1 (888) 354-4934** Lunes agingga ti Biernes, 8 a.m. agingga 5 p.m. dagiti agus-usar ti TTY, tawagan ti 711.

Dimo kadi kayat a mapan iti sentro ti fitness?

Awan ti problema! No kayatmo nga agehersisio iti pagtaengan, mabalinmo nga agpili ti maysa a Home Fitness Kit ti maysa a tawen.

*Agduduma dagiti bayadan sigun iti Premium a lokasion. Maidawat nga kitaenyo ti panagbirok iti sentro ti fitness iti website ti Silver&Fit.

Dagiti lokasion ti Silver&Fit

HONOLULU	SIUDAD	NETWORK
24 Hour Fitness - Club 496 - Super Sport	Pearl City	Kadawyan
24 Hour Fitness - Club 540 - Super Sport	Honolulu	Kadawyan
24 Hour Fitness - Club 548 - Super Sport	Mililani	Kadawyan
24 Hour Fitness - Club 555 - Active	Honolulu	Kadawyan
24 Hour Fitness - Club 559 - Active	Kaneohe	Kadawyan
24 Hour Fitness - Club 593 - Active	Honolulu	Kadawyan
24 Hour Fitness - Club 963 - Super Sport	Kapolei	Kadawyan
Alaka'i CrossFit	Kapolei	Premium
Anytime Fitness - Aiea - Club 4562	Aiea	Kadawyan
Anytime Fitness - Honolulu - Club 3933	Honolulu	Kadawyan
Biofit	Wahiawa	Premium
Breathe Yoga + Barre	Kaneohe	Premium
CJJF Hawaii	Honolulu	Premium
Club Pilates - Honolulu	Honolulu	Premium
CrossFit Kailua	Kailua	Premium
CrossFit Ko'olau	Kahuku	Premium
CrossFit Waipio	Waipahu	Premium
CrossFit West Oahu	Kapolei	Premium
CrossFit Zeus	Aiea	Premium
DNA Performance LLC	Honolulu	Premium
DVG Jiu Jitsu	Aiea	Premium
Dynamix Health and Fitness	Honolulu	Premium
Fit Waikiki	Honolulu	Premium
FIT4MOM @ Fort Ruger Park	Honolulu	Premium
FIT4MOM @ Hunakai Park	Honolulu	Premium
FIT4MOM @ Kahala Community Park	Honolulu	Premium
FIT4MOM @ Kapiolani Park	Honolulu	Premium
FIT4MOM @ Magic Island Beach Park	Honolulu	Premium

Dagiti lokasion ti Silver&Fit

HONOLULU	SIUDAD	NETWORK
Fitness HI	Honolulu	Premium
Freak Show Fitness	Waianae	Premium
Good Vibes Gym	Kaneohe	Premium
Groundstrike Fitness & JiuJitsu	Honolulu	Premium
Holy Yoga Hawaii	Honolulu	Premium
Honolulu Fitness Center	Honolulu	Premium
Hot Yoga Kapolei	Kapolei	Premium
Hot Yoga Waikiki	Honolulu	Premium
HYPE - Hot Yoga Pilates Evolution	Ewa Beach	Premium
Iron Hawaiian Fitness	Honolulu	Premium
Jazzercise Honolulu Waikiki Community Center	Honolulu	Kadawyan
Jump Ship CrossFit West Side	Waipahu	Premium
Kailua Core Fitness and Therapy	Kailua	Premium
Kalihi YMCA	Honolulu	Kadawyan
Key Fitness Hawaii	Kaneohe	Premium
Ko'olau Movement Studio	Kahuku	Premium
K-Team	Kaneohe	Premium
Lifestyle Innovation Fitness Training	Honolulu	Premium
Mad Tiger Academy	Wahiawa	Premium
Mo'ili'ili Fitness	Honolulu	Premium
North Shore Fitness Club	Laie	Premium
Nu'uuanu YMCA	Honolulu	Kadawyan
NuFitness Lifestyle	Kailua	Premium
OLA Fitness	Honolulu	Premium
Orangetheory Fitness	Honolulu	Premium
Orangetheory Fitness	Kapolei	Premium
Orangetheory Fitness - Waikiki	Honolulu	Premium
Planet Fitness - Ala Moana	Honolulu	Kadawyan
Planet Fitness - Kahala	Honolulu	Kadawyan

Dagiti lokasion ti Silver&Fit

HONOLULU	SIUDAD	NETWORK
Planet Fitness	Waianae	Kadawyan
Powerhouse Gym Aiea	Aiea	Kadawyan
Pure Barre - Honolulu - Kahala	Honolulu	Kadawyan
Quality Health and Fitness	Honolulu	Premium
StretchLab - Kahala	Honolulu	Premium
StretchLab	Kailua	Premium
The Oahu Club	Honolulu	Kadawyan
UFC Gym	Honolulu	Premium
UFC Gym	Kailua	Premium
UFC Gym	Mililani	Premium
UFC Gym	Waipahu	Premium
United MMA Hawaii	Waipahu	Premium
Windward Oahu YMCA	Kailua	Kadawyan
Yb YOGA BAR	Kapolei	Premium
YMCA Kaimuki-Waialae Branch	Honolulu	Kadawyan
YMCA Millani - West Oahu Branch	Mililani	Kadawyan
YMCA of Honolulu - Leeward Branch	Waipahu	Kadawyan
Yoga & Art By SheBrews Aloha	Honolulu	Premium
Yoga Love Mana	Honolulu	Premium
Yoga Love Mana - Queens Beach Waikiki	Honolulu	Premium
Yoga Under the Palms	Kailua	Premium
Yoga Under the Palms	Honolulu	Premium
Yoga Under the Palms - Kaka'ako	Honolulu	Premium
Yoga4Ewa	Ewa Beach	Premium

Dagiti lokasion ti Silver&Fit

HAWAII ISLAND	SIUDAD	NETWORK
Aintoa Fitness	Hilo	Kadawyan
Aloha Fitness Club	Hilo	Kadawyan
Club Rehab Mauka Clinic	Kealahou	Kadawyan
CrossFit Huaka'i	Hilo	Premium
CrossFit Pohaku Strength & Conditioning	Kailua Kona	Premium
East Side Studio	Hilo	Premium
Fit By Whitt	Keaau	Kadawyan
Fitness Forever	Kailua Kona	Premium
Fitness Forever - Puna	Pahoa	Premium
Fitness Forever - Waikoloa	Waikoloa	Premium
Five Mountain Fitness	Kamuela	Premium
Hawaii Aerial and Performing Arts - Waikoloa Village	Waikoloa	Premium
Hawaii Aerial and Performing Arts - Waimea	Kamuela	Premium
Hui Malama Ola Na 'Oiwai	Hilo	Premium
Kaeo Athletics	Kailua Kona	Premium
Kona Cliffs	Kailua Kona	Premium
Kuleana Wellness Club	Kamuela	Premium
Lift and Burn	Hilo	Premium
Pacific Island Fitness	Kailua Kona	Kadawyan
Paul Morgan Sports Advisory Services	Kailua Kona	Premium
Planet Fitness - Kona	Kailua Kona	Kadawyan
Pole HI	Hilo	Premium
Spencer Health & Fitness Center	Hilo	Kadawyan
Spin Luv Play	Kailua Kona	Premium
The Brave Fitness	Hilo	Kadawyan
The Process Martial Art Academy	Kailua Kona	Premium
The Yoga Nest Hawaii	Kailua Kona	Kadawyan

Dagiti lokasion ti Silver&Fit

HAWAII ISLAND	SIUDAD	NETWORK
Transformations Personal Training Studio	Hilo	Premium
UFC Gym - Hilo	Hilo	Premium
YMCA - The Island of Hawaii	Hilo	Kadawyan
Yoga Barre	Waikoloa	Premium
Yoga Centered	Hilo	Premium

Dagiti lokasion ti Silver&Fit

MAUI	SIUDAD	NETWORK
All Kine Crossfit	Wailuku	Premium
Aloha Crossfit - Laa Street	Kahului	Premium
Aloha Kihei CrossFit - Huku Lii Place	Kihei	Premium
Empower Fitness Maui	Wailuku	Premium
FIT4MOM @ Kihei - Maui Brewing Company	Kihei	Premium
FIT4MOM @ Kihei- Kalama Park Tennis Courts	Paia	Premium
FIT4MOM @ Kuau Ball Park	Paia	Premium
FIT4MOM @ Napili	Lahaina	Premium
Fluid Motion Maui	Kihei	Kadawyan
Fluid Motion Maui	Kihei	Kadawyan
Fluid Motion Maui	Kihei	Kadawyan
Infusion Barre Maui - Temporarily Closed	Paia	Premium
Makena	Kihei	Kadawyan
Maui Strong Valley Isle Fitness - Kihei	Kihei	Kadawyan
Mike Luque Training - Makawao	Makawao	Premium
N.E.S.T. New Era Sports Training	Wailuku	Premium
Orangetheory Fitness - Maui HI	Kahului	Premium
Planet Fitness - Kahului	Kahului	Kadawyan
The Block - Lahaina - Temporarily Closed	Lahaina	Premium
The Club Maui - Kahului	Kahului	Premium
United Team Maui	Wailuku	Premium
Wahi Hoola Yoga and Wellness	Wailuku	Premium
Waikapu Danceworks	Wailuku	Premium
Wisdom Flow Yoga	Makawao	Premium

Dagiti lokasion ti Silver&Fit

KAUAI	SIUDAD	NETWORK
Barre Soul Deux	Lihue	Premium
Barre Soul Kauai	Kapaa	Premium
Barre Up Fitness	Koloa	Premium
Bikram Yoga - Kauai (Limited 10 Class Package)	Kapaa	Premium
CrossFit Kapaa	Kapaa	Premium
Kauai Athletic Club - Kapaa	Kapaa	Kadawyan
Kauai Athletic Club - Lihue	Lihue	Kadawyan
Kauai Therapy & Wellness	Lihue	Premium
Kauai Yoga on the Beach	Kapaa	Premium
Lihue Dance House - Kukui Grove Mall	Lihue	Premium
The Atman Room	Koloa	Premium
YMCA of Kauai	Lihue	Premium

Ti HMSA Akamai Advantage® ket maysa a plano ti PPO nga addaan iti kontrata ti Medicare. Agpannurray ti panagpalista iti HMSA Akamai Advantage iti pannakapabaro ti kontrata.

Iti programa ti Silver&Fit ket ipapaay ti American Specialty Health Fitness, Inc., maysa a subsidiario ti American Specialty Health (ASH). Saan a sidadaan amin a programa ken serbisio iti amin a lugar. Trademark ti ASH ti Silver&Fit ken ti logo ti Silver&Fit. Dagiti saan nga pagalagadan a serbisio iti sentro ti fitness a tumawtawag para iti nayon a bayad ket saan a paset ti programa ti Silver&Fit. Mabalin a mabaliwan dagiti kit. Mabalin nga agduduma ti pannakipaset iti sentro ti fitness sigun iti lokasion ken mabalin nga mabaliwan.

Ti ASH ket maysa nga independiente nga addaan espesialidad nga organisasion ti salun-at, a mangituktukon kadagiti network ken programa ti mangipapaay ti salun-at ti piskel ken tultulang, network ken programa ti sentro ti fitness, ken solusion ti pagimbagan iti nagan ti HMSA.

M950-1265I-HMSA-IL 10/24 © 2024 American Specialty Health Incorporated (ASH).
Nireserba amin a karbengan.



An Independent Licensee of the Blue Cross and Blue Shield Association

Form Approved

OMB# 0938-1421

Multi-language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1 (800) 660-4672 (TTY: 711). Someone who speaks English can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1 (800) 660-4672 (TTY: 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Chinese Mandarin: 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 1 (800) 660-4672 (TTY: 711)。我们的中文工作人员很乐意帮助您。这是一项免费服务。

Chinese Cantonese: 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 1 (800) 660-4672 (TTY: 711)。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

Tagalog: Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa 1 (800) 660-4672 (TTY: 711). Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

French: Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au 1 (800) 660-4672 (TTY: 711). Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi 1 (800) 660-4672 (TTY: 711) sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter 1 (800) 660-4672 (TTY: 711). Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 답해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 1 (800) 660-4672 (TTY: 711)번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

Russian: Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону 1 (800) 660-4672 (TTY: 711). Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

Arabic: وأهـ صـ لـ ابـ قـ لـ عـ تـ ةـ لـ سـ أـ يـ أـ نـ عـ ةـ بـ اـ جـ لـ لـ ةـ يـ نـ اـ جـ لـ مـ لـ يـ رـ وـ فـ لـ مـ جـ رـ تـ مـ لـ تـ اـ مـ دـ خـ مـ دـ قـ نـ اـ نـ اـ
يـ لـ عـ اـ نـ بـ لـ اـ صـ تـ اـ لـ اـ يـ وـ سـ كـ يـ لـ عـ سـ يـ لـ ،ـ يـ رـ وـ فـ مـ جـ رـ تـ مـ يـ لـ عـ لـ وـ صـ حـ لـ لـ .ـ اـ نـ يـ دـ لـ ةـ يـ وـ دـ أـ لـ لـ وـ دـ جـ
ةـ مـ دـ خـ هـ ذـ هـ .ـ كـ تـ دـ عـ اـ سـ مـ بـ ةـ يـ بـ رـ عـ لـ اـ ثـ دـ حـ تـ يـ اـ مـ صـ خـ شـ مـ وـ قـ يـ سـ .ـ 1 (800) 660-4672 (TTY: 711).
ةـ يـ نـ اـ جـ مـ .

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके किसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषिया सेवाएँ उपलब्ध हैं. एक दुभाषिया प्राप्त करने के लिए, बस हमें 1 (800) 660-4672 (TTY: 711) पर फोन करें. कोई व्यक्ति जो हिन्दी बोलता है आपकी मदद कर सकता है. यह एक मुफ्त सेवा है.

Italian: È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 1 (800) 660-4672 (TTY: 711). Un nostro incaricato che parla Italianovi fornirà l'assistenza necessaria. È un servizio gratuito.

Portugués: Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 1 (800) 660-4672 (TTY: 711). Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

French Creole: Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan 1 (800) 660-4672 (TTY: 711). Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 1 (800) 660-4672 (TTY: 711). Ta usługa jest bezpłatna.

Japanese: 当社の健康 健康保険と薬品 処方薬プランに関するご質問にお答えするため、無料の通訳サービスがあります。通訳をご用命になるには、1 (800) 660-4672 (TTY: 711) にお電話ください。日本語を話す人 者が支援いたします。これは無料のサービスです。