



**ROCKY MOUNTAIN
HEALTH PLANS®**

We understand Colorado. We understand you.

WINhealth
PARTNERS
Your partner for life.

Medicare Health Plan Offered Through
Rocky Mountain Health Plans

walking the road to better health!

The products and services described below are neither offered nor guaranteed under our contract with Rocky Mountain Health Plans. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Rocky Mountain Health Plans grievance process.

Silver&Fit Affinity™ is a walking and exercise program that can help you stay active and improve your health. Set a goal of walking 5,000 steps or exercising 30 minutes a day and feel the difference.

Silver&Fit Affinity is designed specifically for Medicare beneficiaries and includes:

- Free walking kit, with pedometer and walking guide
- Best pricing on memberships at participating fitness clubs nationwide, with free one-week trials
- Access to SilverandFitAffinity.com for a wide variety of online tools and resources, including trackers to monitor your progress, customized meal and exercise planners, an online store, and more

For more information, contact Rocky Mountain Health Plans toll-free at **1-888-251-1330 (TTY/TTD phone 1-800-704-6370)**. Monday–Friday, 8 a.m.–5 p.m., Mountain time. Para asistencia en español llame al **1-800-346-4643**.

Silver&Fit Affinity is a fitness program; it is not insurance.

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