

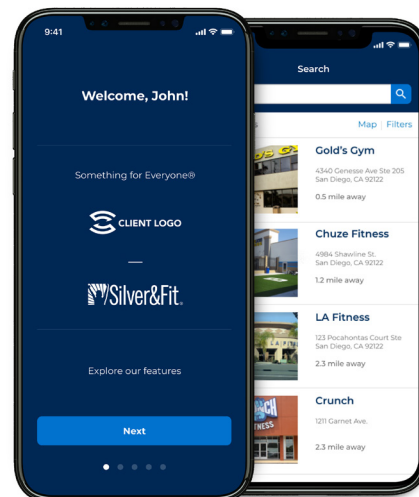
## **MORE FLEXIBILITY & CHOICE**

### **WITH THE SILVER&FIT® ASHCONNECT MOBILE APP**

The Silver&Fit ASHConnect mobile app offers many features to help you improve your health and reach your fitness goals. You can easily locate nearby participating fitness centers in our network. You can also sync your Apple Watch® and access the online library of resources with thousands of digital workout classes, Healthy Aging classes, and more. The app is available at no cost in the Apple® App Store for iOS™ devices or from the Google Play™ store for Android™ phones.

## Here's how the app works:

1. Search for **ASHConnect** in your phone's app store and download the app.
2. Log in to ASHConnect by using your Silver&Fit website username and password. Note: in order to use the app, you must first go to the Silver&Fit website ([www.SilverandFit.com](http://www.SilverandFit.com)) to register your account and create a username and password. You will need to accept the app's Terms & Conditions the first time you log in.
3. Click "Next" to move through the first few screens and click "Let's Get Started" to launch the app.
4. To find fitness centers near you, simply enter an address or your zip code in the box at the top of the home screen and click the blue magnifying glass. Your results will appear and you can choose to view them in a list or on a map. You can also select "Filters" to narrow down your results. Don't see your favorite fitness center? Click "Nominate a Fitness Center" to send in your nomination! In order to enroll in a fitness center, please visit the Silver&Fit website.
5. Digital workout class options also appear on the home screen. Click "View All" to see the classes and other resources available to you in the Resource Library. Search resources by topic and save them to your profile to view later!
6. The app also has a dropdown menu in the upper left corner. Click the three lines and a menu will open up which lists out all of the app features, including "My Account" where you can sync your Apple Watch through the Silver&Fit Connected!™ tool under the "Apps and Devices" page.



## Download Today

The Silver&Fit ASHConnect app is your new tool for better health!

**Questions?** Visit [www.SilverandFit.com](http://www.SilverandFit.com) or call toll-free 1.877.427.4788 (TTY/TTD: 711), for more information.

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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. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Please make sure to talk to a doctor before starting or changing an exercise routine. The people in this piece are not Silver&Fit members. Silver&Fit, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. Other names or logos may be trademarks of their respective owners.

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