



What is Silver&Fit? Silver&Fit is a fitness program designed specifically for older adults. You may get access to Silver&Fit as a Medicare beneficiary through many insurance companies' Medicare Advantage and Supplement plans. It includes: access to a fitness center membership that includes a vast network of over 14,000 fitness centers and select YMCAs, access to home fitness kits, online healthy aging resources, a quarterly newsletter and The Silver&Fit Connected! program that allows you to use a smartphone or smart-fitness device to track your fitness and health choices to earn rewards.

How do I know if I am eligible for Silver&Fit? You may call your health insurance provider and ask them if Silver&Fit is included in your specific health insurance plan. Certain Medicare Advantage and Medicare Supplement plans include the Silver&Fit program as a benefit. Some people may also get access through a group retirement health plan. Silver&Fit eligibility depends on two criteria: you must be 65 or older and you must be enrolled in Medicare. If you meet the eligibility requirements, you just need to be enrolled in a Medicare Advantage or Medicare Supplement plan that includes the Silver&Fit fitness benefit.

I am not eligible for Silver&Fit. Can I still use Logan Fitness? Yes. We have many membership options for community members and also offer a senior citizen discount. Stop by our membership services office or call us at (618)985-2828 Ext. 8502 to get more information about annual, semester or monthly memberships.

I am eligible! Now how do I utilize my benefits at Logan Fitness? Once you verify that you are eligible for Silver&Fit, you may be sent a letter of eligibility or a Silver&Fit Fitness Card from your health insurance provider that you can bring in to Logan Fitness to prove eligibility. Our Logan Fitness staff can also look you up using your first name, a last name, and DOB on the ASH access portal. You will be given a free LF scan card, which you will use to check in every time that you visit the facility. This is extremely important, as each visit you make results in reimbursement to our facility from the Silver&Fit program. Your membership at Logan Fitness will include access to the fitness center during all facility hours and to the aquatic center during open swim times.

