

About your benefits

Gym and fitness benefits

We're excited to partner with the Silver&Fit® Healthy Aging and Exercise program to offer you no-cost gym access and fitness benefits.



Choose from thousands of participating fitness centers throughout Oregon. Enroll at multiple fitness centers at once.



Enjoy on-demand workout videos and personalized workout plans to help you start a fitness routine at home.



Get one no-cost home fitness kit per year.



Work with a certified health coach.

Questions? Call Customer Service at **888-712-3258 or TTY 711**. Our hours are 8 a.m. to 8 p.m. seven days a week, October 1 to March 31, and 8 a.m. to 8 p.m. Monday through Friday, April 1 to September 30.

CareOregon Advantage Plus is an HMO-POS D-SNP with a Medicare/Medicaid contract. Enrollment in CareOregon Advantage Plus depends on contract renewal. "More choice, better care" refers to our larger pharmacy and provider networks in 2024 as compared to plan year 2023.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a trademark of ASH and used with permission herein. Fitness center participation may vary by location and is subject to change. Persons shown are not Silver&Fit members. Kits are subject to change.

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