About your benefits

Gym and fitness benefits

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

- Choose from thousands of participating fitness centers. 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 trained 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 D-SNP with a Medicare/Medicaid contract. Enrollment in CareOregon Advantage Plus depends on contract renewal.

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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CareOregon® Advantage

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