



Fitness Plus is a provider facility for **SilverSneakers®**, **Silver&Fit®**, **Renew Active®** and **Mutually Well®** fitness programs. These programs are available to individuals who are eligible for Medicare and have a supplement or Advantage plan that offers the benefit of membership to **Fitness Plus**, Catawba Valley Medical Center's medically based fitness center located in lower level of The Center for Rehabilitation. Our facility specializes in the aging and rehab population and we are open to the public.

### 2023 Medicare Plans that offer SilverSneakers®

Aetna Medicare Advantage Plans  
Humana Medicare Advantage Plans  
Wellcare Medicare Advantage Plans



### 2023 Medicare Plans that offer Silver&Fit®

BCBSNC Medicare Supplement (\$0 or \$50 annual enrollment fee)\*  
BCBSNC Advantage Plan  
Cigna (\$0 or \$25 annual enrollment fee)  
\*Fee can be paid online at [www.silverandfit.com](http://www.silverandfit.com) or call  
1(877) 329-2746, dial 0



### 2023 Medicare Plans that offer Renew Active

United Healthcare AARP® Medicare Supplement Plan  
UnitedHealthcare® Dual Complete (Medicaid and Medicare)  
United Healthcare AARP® Medicare Advantage Plans



### 2023 Mutual of Omaha - Mutually Well Fitness

\$25/month (paid to Mutually Well)  
Register online at [www.mutuallywell.com](http://www.mutuallywell.com) or call 1-833-574-6105



Once payment is made, the member will be given a 16-digit number that can be verified in the Tivity portal by a fitness staff member.

### Non-Medicare Insurance Pay Programs on reverse side ---->

For more information or to see if you qualify for other discounted membership rates, please call Fitness Plus at (828) 326-3680.

Fitness Plus is also a provider for other non-Medicare programs including Tivity Prime® and Active&Fit®

### Tivity Prime

\$25/month (paid to Tivity Prime®)



Register online at [www.primemember.com](http://www.primemember.com) or call 1-877-238-6240

Once payment is made, the member will be given a 16-digit number that can be verified in the Tivity portal by a fitness staff member

### Active&Fit Direct

\$25/month (paid to Active&Fit®)



Register online at <https://www.activeandfitdirect.com/> or

Call 1-877-329-2746, dial 0

Once payment is made, the member will be given a confirmation number that can be verified in the Ashlink portal by a staff member.



If you qualify for any of these programs through your insurance, the benefits include:

- ✓ Unlimited access to our facility including group fitness classes such as Tai Chi, yoga, Zumba®, pilates, Metabolic Blast, group aquatic classes, cardio and strength training equipment, and full access to our therapeutic heated 88° indoor pool.
- ✓ Heart Healthy nutrition classes to promote the benefits of a healthy food choices
- ✓ A New Member Navigator to assist members in choosing the best programs to meet specific individual needs.
- ✓ Complimentary orientation session with a certified exercise specialist.
- ✓ Complimentary towel service

**For more information or to see if you qualify for other discounted membership rates, please call Fitness Plus at (828) 326-3680.**