

## **Cigna-HealthSpring Unveils New Fitness Benefit Provided Through Silver&Fit Exercise and Healthy Aging Program**

SAN DIEGO & NASHVILLE, Tenn., October 07, 2014 - Cigna-HealthSpring announced today that it will offer a new fitness benefit provided through the Silver&Fit® Exercise and Healthy Aging program with a majority of its Medicare and Medicaid plans. The program will provide customers access to their choice of a participating fitness facility at no cost. Customers can choose from more than 11,000 contracted fitness facilities nationwide, including national chains, YMCAs, as well as smaller, local community exercise centers.

Through the Cigna-HealthSpring Silver&Fit program, customers can access all of the amenities that come with a standard fitness facility membership, such as weight training equipment, cardiovascular equipment, group fitness classes and, where available, pools, saunas and whirlpool facilities. In some fitness facilities, customers can also participate in exercise classes especially tailored for older adults.

Cigna-HealthSpring customers who are not able to participate at a fitness facility, or simply prefer to work out at home, may choose to receive a Home Fitness program instead. Upon enrollment, customers will receive up to two home fitness kits each year. Customers can choose from the following 15 kinds of kits: aqua aerobics, chair aerobics, chair boxing, chair dancing, chair resistance band strength, chair yoga, beginner, intermediate and chair Tai Chi, cardio strength, Pilates, yoga, walking, stress management or exercise for the bedridden. Each kit may include items such as DVDs, booklets and Quick Start guides to help customers perform exercises at home.

Cigna-HealthSpring customers can also receive rewards for exercise when they wear personal activity trackers, such as pedometers and apps that are part of the Silver&Fit Connected!™ program. Through Silver&Fit Connected!, activity data will be automatically tracked and downloaded to the customer's personal web page at [SilverandFit.com](http://SilverandFit.com), so they can see their activity at a glance.

"Regular exercise offers tremendous advantages for all ages but especially for older adults and we're excited to partner with Silver&Fit to give our customers easy and affordable access to such great fitness choices," said Dirk Wales, M.D., chief medical officer for Cigna-HealthSpring. "Regular exercise can help manage and control disease or prevent certain medical conditions, such as high blood pressure and heart disease, and can help improve balance to prevent falls. A more active lifestyle can result in happier, healthier lives for our customers, and lower health care costs for everyone."

### **About Cigna-HealthSpring**

Cigna-HealthSpring, a Cigna company (NYSE:CI), is one of the country's leading health plans focused on delivering care to the senior population, predominately through Medicare Advantage and other Medicare and Medicaid products. Based in Nashville, Tennessee, Cigna-HealthSpring offers a national stand-alone prescription drug plan and operates health plans in Alabama, Arizona, Arkansas, Delaware, Florida, Georgia, Illinois, Indiana, Maryland, Mississippi, North Carolina, Pennsylvania, South Carolina, Tennessee, Texas and Washington, D.C. For more information, visit [www.cignahealthspring.com](http://www.cignahealthspring.com).

### **About the Silver&Fit Exercise & Healthy Aging Program**

The Silver&Fit ® program is an exercise and healthy aging program providing unique, evidence-based fitness and health education activities for Medicare beneficiaries and group retirees. Silver&Fit members have access to: no-cost or low-cost memberships at a participating, contracted fitness club or exercise center, or to the Silver&Fit Home Exercise program for those who prefer or need to work out at home; exercise rewards through Silver&Fit Connected!; [SilverandFit.com](http://SilverandFit.com), a website providing health tools

and resources specifically designed for older adults; *The Silver Slate*® newsletter; and a toll-free customer service hotline. For more information, visit [www.ASHCompanies.com](http://www.ASHCompanies.com) or call 800-848-3555. Follow us on Facebook at [www.facebook.com/SilverandFit](http://www.facebook.com/SilverandFit), YouTube at [www.youtube.com/silverandfit](http://www.youtube.com/silverandfit), Pinterest at [www.pinterest.com/silverandfit](http://www.pinterest.com/silverandfit), Twitter at @SilverandFit and Instagram at @SilverandFit.

The Silver&Fit program is a product of American Specialty Health Fitness.

### **About American Specialty Health**

American Specialty Health Incorporated (ASH) is one of the nation's premier independent, privately-owned specialty health services organizations, providing specialty health care networks and programs, fitness and exercise programs, and population health solutions for health plans, insurance carriers and employer groups. Operating from offices in San Diego, California, Southlake (Dallas), Texas, Carmel (Indianapolis), Indiana, and Columbia, South Carolina, ASH has more than 1,200 employees and administers services for more than 33 million members nationwide. Products offered through ASH and its subsidiaries include Healthyroads®, FitnessCoach™, Active&Fit®, ExerciseRewards™ and others. For more information about ASH, visit [www.ASHCompanies.com](http://www.ASHCompanies.com) or call 800-848-3555. Follow us on Twitter at @ASHCompanies or on [LinkedIn](#).

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