



2017 RETIREE OPEN ENROLLMENT

The month of August is the Open Enrollment period for the District's retiree medical plans. If you would like to switch your medical coverage from one plan to another, or add eligible dependents to your medical coverage, August is the time to complete the required forms.

This year the Kaiser Senior Advantage and Companion Care/Navitus plans are renewing with an added wellness benefit called the *Silver and Fit* program. Additional information regarding this program is available below.

The renewal rates listed below will become effective October 1, 2017, and will remain in place through September 30, 2018.

<u>SENIOR ADVANTAGE</u>		
Single Kaiser Sr. Advantage	(1) over 65	\$ 343.00
Double Kaiser Sr. Advantage	(2) over 65	\$ 686.00
Double Kaiser Sr. Advantage	(1) over 65 + (1) under 65	\$ 964.00
<u>COMPANION CARE</u>		
Single Companion Care	(1) over 65	\$ 437.00
Double Companion Care	(2) over 65	\$ 874.00
Double Companion Care	(1) over 65 + (1) under 65	\$1,206.00
<u>SRJC RETIREE DENTAL</u>		
Single	(1)	\$ 84.00
Double	(2)	\$ 169.00
Family	(3) or more	\$ 235.85

- If you would like to continue with your current coverage, there is no action needed on your part!
- If you would like to make a change to your medical coverage, you must complete a change form. Enrollment/change forms are available on the following page.

2017 MEDICAL PLAN SUMMARIES OF BENEFITS

The Summaries of Benefits listed on this page are provided for comparison purposes.

SISC/KAISER SENIOR ADVANTAGE

[Kaiser Senior Advantage](#)

[Kaiser Senior Advantage Election Form](#)

SISC/COMPANION CARE

[Companion Care - Medicare Supplement Plan Summary](#)

[Companion Care Enrollment Form](#)

SILVER AND FIT

Please see the flyer on the attached page for information on this added benefit.



THE SILVER&FIT® EXERCISE & HEALTHY AGING PROGRAM:

SOMETHING FOR EVERYONE™

Learn how to improve your health—and use our tools to do it. This program gives members:

- » No-cost access to a fitness club or exercise center
- » Group classes made for older adults, where offered
- » The option to work out at home using up to 2 Home Fitness Kits per year (17 to choose from)
- » Healthy Aging classes (online or DVD)
- » A newsletter 4 times a year
- » The Silver&Fit Connected!™ program, a fun and easy way to track exercise at a facility or through a wearable fitness device or app and earn rewards*
- » Other web tools like a facility search, online classes, challenges, and more

*Rewards subject to change; purchase of a wearable fitness device or app is not included



TO TAKE PART IN THIS PROGRAM:

1. Go to www.SilverandFit.com.
2. Register to use the website.
3. Find a fitness facility or select the Home Fitness program.
4. Take your fitness card to the fitness facility.

Your use of the Silver&Fit Connected! program serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program. The Silver&Fit program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Silver&Fit members. Silver&Fit, Something for Everyone, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. This information is not a complete description of benefits. Contact your health plan for more information.