



FEEL YOUR BEST WITH SILVERSNEAKERS

SilverSneakers® is more than a fitness program, it's a way of life. It gives you the opportunity to connect with your community, make friends and stay active. Find out what it is, if you have it, and why millions love it.

What is SilverSneakers?

SilverSneakers is a fitness and lifestyle benefit included with many Medicare Advantage and select Medicare Supplement plans. Members enrolled in participating health plans have SilverSneakers **at no extra cost**.

What does SilverSneakers include?

- memberships to thousands of fitness locations¹ – visit as many as you wish!
- group exercise classes² designed for all abilities
- fun activities held outside the gym²
- SilverSneakers On-Demand™ online workout videos that feature tips on fitness and nutrition
- SilverSneakers GO™ mobile app with workout programs, location finder and more

See if you have SilverSneakers now.
(It only takes 2 minutes!)

[SilverSneakers.com/Check](https://www.silversneakers.com/check)

Questions? We're here to help.

1-888-423-4632 (TTY: 711) Monday – Friday 8 a.m. – 8 p.m. ET

Did you know?

88%

of participants say SilverSneakers has improved their quality of life.³


SilverSneakers

Always consult your physician before engaging in an exercise program.

1. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer Members additional classes. Classes vary by location.
3. 2018 SilverSneakers Annual Participant Survey

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YOUR KEY TO A FULLER, HEALTHIER LIFE

SilverSneakers® is a program designed with you in mind. You have the opportunity to join a group of like-minded people focused on maintaining good health and independence.

THE SILVERSNEAKERS EXPERIENCE

SilverSneakers is *much more* than an exercise program – it's a way for you to achieve your *best health in mind, body and spirit*.



A no-cost fitness benefit with access to 15,000+ fitness locations nationwide



SilverSneakers FLEX® classes offered outside the traditional gym setting



The ability to enroll at multiple locations at any time



Social connections through events such as shared meals, holiday celebrations, and class socials



Guidance from dedicated fitness staff



Adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers GO™ app



Online resources (fitness location directory, articles, SilverSneakers On-Demand™, and more)



Signature SilverSneakers classes designed for all fitness levels and led by trained instructors





88%

of participants say SilverSneakers has improved their quality of life.

58%

of participants report that they have made new and valuable friendships through SilverSneakers

88%

discovered they could do more than they thought possible.

LET'S GET STARTED

Enroll in as many locations as you like and take part in fitness classes, use gym amenities and participate in events in your community.*



**START
HERE**

Go to [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere) to get your SilverSneakers member ID and find fitness locations that are right for you.



**TAKE A
TOUR**

Bring your member ID number with you on your first visit.



**START YOUR
ROUTINE**

You can start slow, but keep it steady to enjoy a healthier lifestyle.

[SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)

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Source: 2017 Annual Participant Survey

*Classes and amenities vary by location.

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