

FITNESS IS MEDICINE

Impact on member health

SilverSneakers®, a fitness benefit offered on many Medicare Advantage plans and select Medicare Supplement plans, helps seniors improve their overall health by providing access to fitness, health and wellness programs in gyms nationwide and online, **at no additional cost.**

2-year reported impairment study⁵



Activities of daily living



SilverSneakers Users:
Improvements in activities of daily living.

Matched SilverSneakers Non-users:
Increase in impairment across all activities of daily living.



Physical activity helps people live longer and have a lower risk for heart disease, stroke, type 2 diabetes and depression.¹

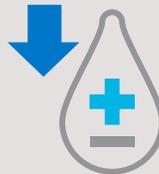
— National Center for Chronic Disease Prevention and Health Promotion

41% of members never had a fitness center membership before SilverSneakers⁶

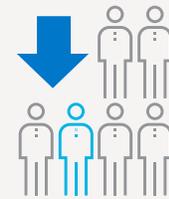
SilverSneakers has proven impact on members' physical and emotional health



SilverSneakers participants are significantly **less likely to be hospitalized.**²



SilverSneakers participants with **diabetes** demonstrate even greater **reductions in risk of hospitalization.**³



Reduced risk of depression after the first year of active participation.⁴

**Your voice matters in keeping patients active.
Encourage your patients to check their eligibility.**

SilverSneakers.com/Check

Questions? Call us.

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



Sources:

1. National Center for Chronic Disease Prevention & Health Promotion. 2014 State Indicator Report on Physical Activity | Nguyen, Koepsell, Unutzer, Larson and LoGerfo. Depression and Use of a Health Plan-Sponsored Physical Activity Program by Older Adults. Am J Prev Med 2008;35(2):111–117
2. Nguyen Q, Ackermann RT, Maciejewski M, Berke E, Patrick M, Williams B and LoGerfo JP. Managed-Medicare Health Club Benefit and Reduced Health Care Costs Among Older Adults. Prev Chronic Dis 2008;5(1).
3. Nguyen HQ, Maciejewski M, Gao S, Lin E, Williams B, LoGerfo JP. Health Care Use and Costs Associated with Use of a Health Club Membership Benefit in Older Adults with Diabetes.
4. Nguyen, Koepsell, Unutzer, Larson and LoGerfo. Depression and Use of a Health Plan-Sponsored Physical Activity Program by Older Adults. Am J Prev Med 2008;35(2):111–117
5. Hamat, Coberley, Pope and Rula. Impact of a Senior Fitness Program on Measures of Physical and Emotional Health and Functioning. Pop Health Manag. 2013; 16(6): 364-372.
6. Tivity Health Annual Member Survey 2018.

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SILVERSNEAKERS OUTCOMES: PUBLISHED EVIDENCE OF PROGRAM IMPACT

Impact of a Senior Fitness Program on Measures of Physical and Emotional Health and Functioning

Hamar, B, Coberley, C, Pope, JE, Rula, EY Population Health Management, 2013

Key Takeaways:

- Participation in SilverSneakers is associated with better physical and emotional health, higher functioning, and lower disability among seniors across many measures
- Over three years, SilverSneakers members demonstrate better trends than similar seniors with respect to overall health status, health status change, emotional health, social limitations due to health, overall disability level, and in ability to perform all 6 measured activities of daily living
- Greater frequency of exercise is associated with significantly better outcomes among SilverSneakers members
- The provision of SilverSneakers can serve to improve quality of life and reduce the burden associated with declining health and functioning as older adults age

PDF available at:

<http://online.liebertpub.com/doi/pdfplus/10.1089/pop.2012.0111>



Managed-Medicare Health Club Benefit and Reduced Health Care Costs Among Older Adults

Nguyen, HQ, Ackermann, RT, Maciejewski, M, Berke, E, Patrick, M, Williams, B, LoGerfo, JP Preventing Chronic Disease, 2008

Key Takeaways:

- SilverSneakers participation resulted in reduced cost trends. Although SilverSneakers participants had higher healthcare costs at baseline, their costs were the same as nonparticipants by year one and were significantly lower (average, -\$500) in year two
- SilverSneakers participants had significantly fewer inpatient hospital admissions in the second year
- Greater participation was associated with higher savings—participants who averaged two or more SilverSneakers health club visits per week had average savings of \$1,252 in year two compared to those with fewer than one visit per week

PDF available at:

https://www.cdc.gov/pcd/issues/2008/jan/07_0148.htm



Health Care Use and Costs Associated With Use of a Health Club Membership Benefit in Older Adults with Diabetes

Nguyen, HQ, Maciejewski, M, Gao, S, Lin, E, Williams, B, LoGerfo, JP Diabetes Care, 2008

Key Takeaways:

- SilverSneakers can help control health care costs for older adults with diabetes
- SilverSneakers participants with diabetes had \$1,633 lower average health care costs than the control group after one year in the program



- Year two costs were \$1,230 less for SilverSneakers participants than the control group and significantly fewer participants were hospitalized
- Higher program participation was associated with greater savings. Participants averaging two or more fitness center visits declined in cost over two years and had savings of \$2,141 in year two relative to those with lower participation

PDF available at:

<http://care.diabetesjournals.org/content/31/8/1562.full>

Depression and Use of a Health Plan–Sponsored Physical Activity Program by Older Adults

Nguyen, HQ, Koepsell, T, Unützer, J, Larson, E, LoGerfo, JP American Journal of Preventive Medicine, 2008

Key Takeaways:

- Medicare Advantage members with depression were as likely to join SilverSneakers as members without depression
- Depression was associated with higher risk for lapses in participation, but only after 15 months
- Greater participation in SilverSneakers was associated with lower future depression risk

PDF available at:

[http://www.ajpmonline.org/article/S0749-3797\(08\)00381-4/abstract](http://www.ajpmonline.org/article/S0749-3797(08)00381-4/abstract)

Effectiveness of Health and Wellness Initiatives for Seniors

Coberley, C, Rula, EY, Pope, JE Population Health Management, 2011

Key Takeaways:

- This review of the literature evaluated the impact of various wellness programs for Medicare beneficiaries on health care costs, utilization, behavior change, health status and quality of life
- Fitness programs, including SilverSneakers, and a workplace wellness program demonstrated significant health care cost savings for participants
- Reduced hospital utilization was a common outcome across evaluated senior fitness and wellness programs
- Fitness and coaching programs had significant outcomes in other important areas including improved health-related quality of life, gait speed, self-care activities and health behaviors
- Regular and sustained engagement were key factors to program success

PDF available at:

<http://online.liebertpub.com/doi/abs/10.1089/pop.2010.0072>

