

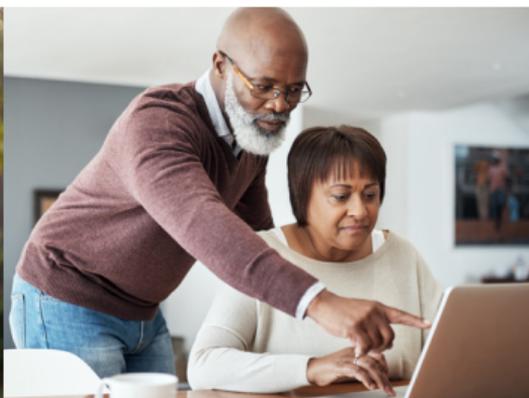
# NEED HELP?

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## HAVE YOU AND YOUR DOCTOR TALKED ABOUT WAYS TO:

- CONTROL YOUR GLUCOSE?
- IMPROVE BALANCE?
- BREATHE EASIER?
- INCREASE FLEXIBILITY?

Research shows that keeping fit is the most effective way for you to prevent illness, manage symptoms, improve health, and enhance your quality of life.



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# START IMPROVING YOUR HEALTH & WELL-BEING TODAY

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SilverSneakers is offered to members of participating Medicare Advantage plans at **no additional cost**

- ✓ **24,000** national fitness locations
- ✓ **CLASSES** specifically designed for seniors
- ✓ **LIVE CLASSES** hosted 7 days a week
- ✓ **COMMUNITY** classes & social network groups
- ✓ **ON-DEMAND** video workouts in your home
- ✓ **SOCIAL ISOLATION** programs & classes
- ✓ **8,000** virtual events per month
- ✓ **BRAIN HEALTH**, mental enrichment, & fall prevention classes



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