

DO YOU HAVE A FITNESS BENEFIT?

SilverSneakers.com/StartHere

Staying fit is the most effective way for you to improve health, prevent illness, and enhance your quality of life.¹



SilverSneakers

DISCOVER SILVERSNEAKERS!

SilverSneakers® is a lifestyle and fitness program, and is included with many Medicare Advantage plans and select Medicare Supplement plans **at no additional cost.**

- ✓ **Thousands** of fitness locations² nationwide
- ✓ **Classes**³ specifically designed for seniors
- ✓ **SilverSneakers Community classes**, both in-person and virtual, offered locally
- ✓ **SilverSneakers On-Demand** online workout videos for at-home workouts, available 24/7
- ✓ **SilverSneakers LIVE** full-length classes and workshops (exercise with others, but from the comfort of home)

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

Call us at 866-584-7389 TTY: 711
Monday – Friday, 8 a.m. – 8 p.m. EST.



Always talk with your doctor before starting an exercise program.

1. [cdc.gov/physicalactivity/basics/older_adults/](https://www.cdc.gov/physicalactivity/basics/older_adults/)

2. 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.

3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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