



BOUNCE BACK STRONGER



Get the exercise you need with SilverSneakers[®], a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.

You've been doing physical therapy as part of rehabilitation following surgery, an illness or an injury. Whether you've finished or are continuing physical therapy, it's important to keep up the good work.

3 steps to help you stay active:

1. Ask your doctor about adding regular exercises to your daily routine
2. Once your doctor clears you to exercise, participate in SilverSneakers
3. SilverSneakers instructors will work with you to help make the exercises fit your needs

SilverSneakers may give you the power to take control of your health. If your health plan includes this benefit, you have access to:

- a nationwide network of participating locations, including basic amenities¹
- classes for all fitness levels with instructors trained in senior fitness²
- SilverSneakers LIVE online classes and workshops offered 7 days a week, morning, afternoon and evening
- SilverSneakers On-Demand workout videos available 24/7, including health and nutrition tips
- the SilverSneakers GO app with workouts, reminders and more



Find out if you have SilverSneakers.

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



Let SilverSneakers help you in your journey back to fitness.
Find out if you have SilverSneakers.



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



“I started using SilverSneakers to rehab my right knee replacement in 2015. A local retirement facility had a beautiful pool and a gym. I now go to the gym three times a week, and I love it! Thanks to SilverSneakers, I am enjoying life and feeling better every day.³”

– Mary, SilverSneakers member

Always talk with your doctor before starting 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 is 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. Results vary. Not all participants will achieve these results or benefits.

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