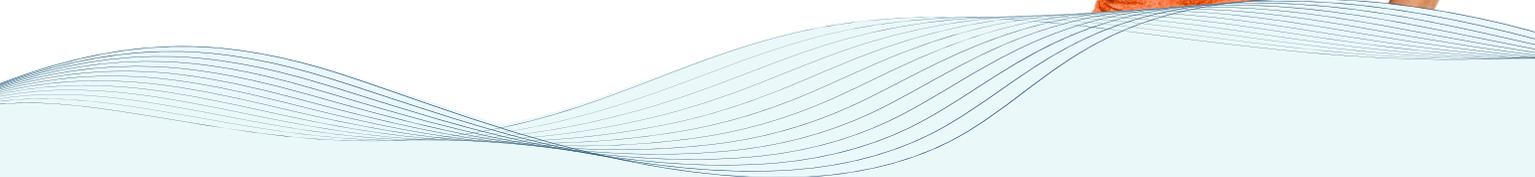




When talking to your patients about **fitness**, remember SilverSneakers.

Your patient's Medicare Advantage plan may include SilverSneakers® - the industry leader in helping seniors stay active at no additional cost.



As clinicians know, physical activity is among the most effective ways to improve senior health, preventing chronic conditions and enhancing quality of life across five key areas:

-  **Diabetes & A1C control**
Physical activity is known to help insulin work more effectively, control weight and boost energy.
-  **Arthritis & back pain**
Exercise may reduce pain and stiffness and help maintain muscle strength in affected joints. Core-strengthening exercises strengthen muscles around the spine.
-  **Heart disease**
Regular exercise is associated with approved heart health.
-  **Asthma**
Exercise may help control the frequency and severity of asthma attacks.
-  **Sense of well-being**
Physical activity and social connectedness may help boost endorphins, reduce stress and improve sleep.

Reported health outcomes with SilverSneakers:

- 62%** of members with diabetes reported improved condition²
- \$700** average medical cost savings³
- 2:1** ROI from reduced medical expenses³

SilverSneakers aligns with quality measure goals for:

HOS

- Physical health
- Heart health
- Mental health
- Fall prevention

HEDIS

- Controlling high blood pressure
- Diabetes care
- Fall risk
- Flu vaccinations
- Readmissions
- Acute hospital utilization
- ER utilization



Help your patients get started **today!**

1. <https://www.nia.nih.gov/health/exercise-and-physical-activity/health-benefits-exercise-and-physical-activity> 2. 2025 SilverSneakers Annual Member Survey 3. 2021 and 2025 Health Economics and Outcomes Studies by Avalere Health
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