



Your Prescription For Fitness

Get active and make new friends with a fitness benefit included in many Medicare Advantage plans and select Medicare Supplement plans.

With SilverSneakers[®], you have access to:



Thousands of participating locations¹ nationwide with various amenities



SilverSneakers LIVE online classes and workshops led by specially trained instructors, 7 days a week



SilverSneakers On-Demand videos available 24/7



SilverSneakers GO mobile app with adjustable workout plans and more



Group activities and classes offered outside the gym



Your SilverSneakers member ID number:

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Visit us online to look up your member ID and locations near you.



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

Activate your free online account to explore everything SilverSneakers has to offer.



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Questions?

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

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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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Let's get started!

- 1 **Create your account.** Go to [SilverSneakers.com](https://www.silversneakers.com) and click “Check Eligibility.” Follow the simple steps to create your account and get your ID number.
- 2 **Get moving.** Find a participating location near you. Bring your water bottle and wear comfortable sneakers.
- 3 **Stay healthy.** Try different classes online or at a participating location² to find your best fit. Make new friends and stay connected.

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Card is nontransferable.