



Hadda waa wakhtigaagii aad SilverSneakers la dhaqaaqi laheyd



SilverSneakers® waa wax ka badan barnaamijii jirdhiska ee soo jireenka ahaa. Waa fursad aad ku wanaajiso caafimaadkaaga, aad ku hesho kalsooni oo aad kula xiriirto bulshadaada. Waxaa intaa dheer, waxaa laguugu daray iyadoon wax qiimo dheeraad ah lagu dalaceyn qorshahaaga caafimaadka.



Gudaha jiimka

- Kumanaan goobood oo ka qaybgalaya¹ guud ahaan dalka oo leh adeegyo kala duwan
- Karti aad isku diiwaangelin karto goobo badan wakhti kasta
- Fasallada SilverSneakers² waxaa loogu talagalay dhammaan heerarka



Bulshadaada dhexdeeda

- Fasallada fool-ka-fool ah² oo ka dhacaya xarumaha bulshada, jardiinooyinka iyo goobo kale oo badan
- Fasallo onlayn ah oo ay dhigaan macallimiin maxalli ah
- In ka badan 80 nooc oo fasallo ah oo ay hoggaaminayaan macallimiin khibrad leh



Guriga ama meel kasta oo aad joogto

- SilverSneakers LIVE™ fasallo onlayn ah iyo aqoon-is-weydaarsiyo oo ay hoggaaminayaan macallimiin si gaar ah u tababaran, 7 maalmood todobaadkii
- SilverSneakers On-Demand™ Fiidiyowada waa la heli karaa 24/7
- SilverSneakers GO™ App-ka moobeelka ee oo wata agabyo barnaamij la gaar yeelay, qorshooyinka jimicsiga la hagaajin karo iyo in ka badan



Waxaad horey u haysata SilverSneakers iyada oo loo marayo qorshahaaga caafimaad.

SilverSneakers.com/StartHere



Su'aalo ah? Naga soo wac. 1-888-423-4632 (TTY:711) Isniin-Jimce 8 subaxnimo - 8 fiidnimo ET

Aanu bilowno!

Hel Aqoonsigaaga Xubinta ee SilverSneakers daqiiqado yar gudahood



Haddii aad ku cusub tahay SilverSneakers, booqo SilverSneakers.com/StartHere oo raac tallaabooyinka fudud.



Haddii aad hore xubin uga ahayd, gal Portaalka Xubinta ee SilverSneakers.com oo guji Profile/Member ID.

Aqoonsigayga SilverSneakers

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Ku qor lambarkaaga aqoonsiga meelaha bannaan ee lagu siiyay. Waad gooynta kartaa ama ku qaadi kartaa sawir taleefankaaga si aad had iyo jeer u haysato aqoonsigaaga.

Xusuusino:



Hel dhiiragalin! Iskaan gareey si aad u hesho goob SilverSneakers ah oo kuu dhow.

SilverSneakers.com/Locations



Mar walba la hadal dhakhtarkaaga ka hor inta aadan billaabin barnaamij jimicsi ah.

- Goobaha jirdhiska ma laha ama ma maamulaan Tivity Health, Inc. ama kuwa la shaqeeya. Xubinnimada SilverSneakers waxay siinaysaa xubnaha xuquuqda ay ku isticmaali karaan xarumaha iyo adeegyada goobta jirdhiska ee uu heli karo qofka haysta xubinnimada aasaasiga ah ee goobaha jirdhiska. Xarumaha iyo adeegyadu way kala duwan yihiin iyadoo ku xiran goobta. Ku darista xarumo jirdhis oo gaar ah lama dammaanad qaadayo, ka qaybgalka xarunta jirdhiska wuu kala duwanaan karaa iyadoo ku xiran qorshaha caafimaadka.
- Xubinnimada waxaa ka mid ah fasalada fayaqabka ee macallinka uu hogaamiyo ee SilverSneakers. Goobaha qaarkood waxay siiyaan xubnaha fasallo dheeraad ah. Fasallada way u kala duwan yihiin goobaha.

SilverSneakers waa summad ganacsi oo ka diiwaangashan Tivity Health, Inc. Loogada kabta ee la fududeeyay ee SilverSneakers, SilverSneakers LIVE, SilverSneakers On-Demand, iyo SilverSneakers GO waa summadda ganacsiga Tivity Health, Inc. © 2026 Tivity Health, Inc. Dhammaan xuquuqaha waa la ilaaliyay. SSFP12332_0626