

YOU'RE FREE TO MOVE WITH SILVERSNEAKERS

SilverSneakers® is more than a fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's included with select Medicare plans at **no additional cost**.

With SilverSneakers, you're free to move in the ways that work for you.

At home or on the go

- SilverSneakers On-Demand™ fitness classes available 24/7
- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers GO™ mobile app with adjustable workout plans and more

In participating fitness locations

- Thousands of participating locations[1] with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes[2] designed for all levels

In your community

- Group activities and classes[2] offered outside the gym
- Events including shared meals, holiday celebrations and class socials

Did you know?

86%

of participants say SilverSneakers has improved their quality of life.[3]

You may already have SilverSneakers. If your health plan offers it, you just need your member ID to get started. Visit the website below to find out.

Find out if you have SilverSneakers and get started today.

SilverSneakers.com/StartHere

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

SilverSneakers®

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 are 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. 2019 SilverSneakers Annual Participant Survey

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