



# BE ACTIVE YOUR WAY WITH SILVERSNEAKERS

SilverSneakers® is more than a fitness program. It's an opportunity to maintain your health, gain confidence and connect with your community. Plus, it's included with many Medicare Advantage plans and select Medicare Supplement 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<sup>1</sup> with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes<sup>2</sup> designed for all levels

## In your community

- Group activities and classes<sup>2</sup> offered outside the gym
- Events including shared meals, holiday celebrations and class socials

**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.

[Silversneakers.com/StartHere](https://silversneakers.com/StartHere)

Find out if you have SilverSneakers and get started today.

**Questions? Call us.**

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



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