

Contact

Questions/suggestions?

Contact your local SilverSneakers representative.

Customer Service:

1-888-423-4632 (TTY: 711)

M-F, 8 a.m. to 8 p.m. ET

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



Always consult your physician before engaging in an exercise program.

1. 2018 SilverSneakers Annual Participant Survey
2. 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.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer Members additional classes. Classes vary by location.

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YOUR GUIDE TO SILVERSNEAKERS®

2020 Annual Election Period

NOT FOR MEMBER DISTRIBUTION



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



About SilverSneakers

SilverSneakers is a fitness and lifestyle benefit included with many Medicare Advantage plans. Members enrolled in participating health plans have SilverSneakers **at no extra cost.**

The results are in¹



of participants say SilverSneakers has improved their quality of life.



of participants have made new and valuable friendships.



of SilverSneakers participants report "Excellent," "Very Good," or "Good" health compared to 87% of non-participants.



Program Features

SilverSneakers gives you ...



memberships to thousands of fitness locations² – visit as many as you wish!



group exercise classes³ designed for everyone



fun activities³ held outside the gym at community centers, malls and parks





SilverSneakers On-Demand™
online workout videos that feature
tips on fitness and nutrition



SilverSneakers GO™ mobile app
with workout programs, location
finder and more (download through
your smart phone's app store)



articles and newsletters on
exercise, health, nutrition and living
well at [SilverSneakers.com/Blog](https://www.silversneakers.com/Blog)



connection to SilverSneakers
community on our Facebook page
with 700,000+ followers



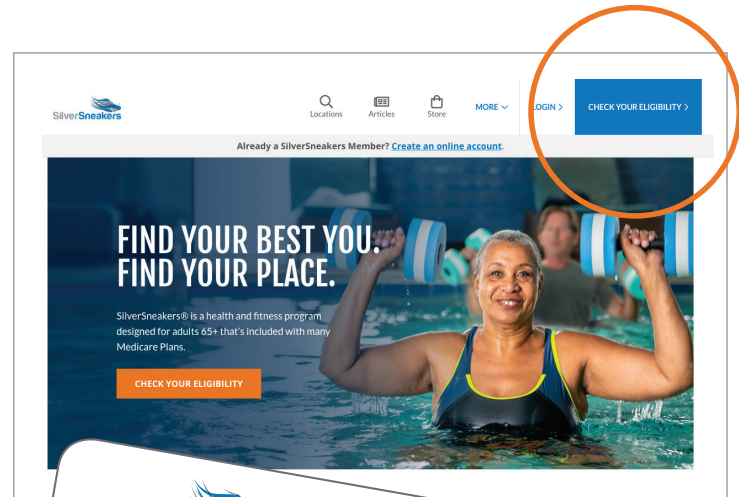
Getting Started

Step 1 See if you have it

Go to SilverSneakers.com, click **“CHECK YOUR ELIGIBILITY”** to verify your membership.

Step 2 Get your member ID

If you’re eligible, congratulations! Click **“MORE”** in the navigation and select **“Get Your Card.”**



Step 3 Explore locations

At SilverSneakers.com, click **“LOCATIONS”** at the top of the screen. Type in your ZIP code and any amenities you prefer, like pools or classes.

Step 4 Pick a date and go!

Feel free to call ahead to ask for a tour. Remember to bring water, your member ID, and wear comfortable clothing and athletic shoes.



Quick tip

Already a member at a SilverSneakers location? Put that membership on hold and get access through your SilverSneakers benefit.

