



# Are You Talking to Your Patients About The **Benefits of Fitness?**



Your patient's Medicare Advantage plan may include **SilverSneakers®** — the **industry leader** in helping seniors stay active **at no additional cost.**

Research shows that keeping fit is the most effective way for seniors to improve health, prevent chronic conditions, and enhance quality of life in five key health areas:



## **ARTHRITIS**

Regular physical activity, both aerobic and muscle-strengthening activities, helps decrease pain and improved physical function and quality of life.<sup>1</sup>



## **DEPRESSION**

Physical activity can help reduce the risk of depression and lead to better sleep.<sup>1</sup>



## **DIABETES**

Increased physical activity has been proven to support weight loss, regulate blood sugar and blood pressure, and reduce the risk of heart disease and nerve damage.<sup>1</sup>



## **HEART HEALTH**

Regular exercise is essential for heart health as it can lower blood pressure, blood cholesterol and maintain a healthy body weight.<sup>1</sup>



## **HIGH BLOOD PRESSURE**

Exercise helps strengthen heart muscles and improve circulation — essential factors in maintaining healthy blood pressure levels.<sup>1</sup>

*See results of a comparative analysis between SilverSneakers participants and non-participants enrolled in Medicare Advantage plans on the reverse side.*

## **Proven health outcomes with SilverSneakers:**

- 61% of diabetes patients reported improved condition<sup>2</sup>
- 21% fewer hospitalizations<sup>1</sup>
- \$4,463 lower health costs (first year)<sup>3</sup>

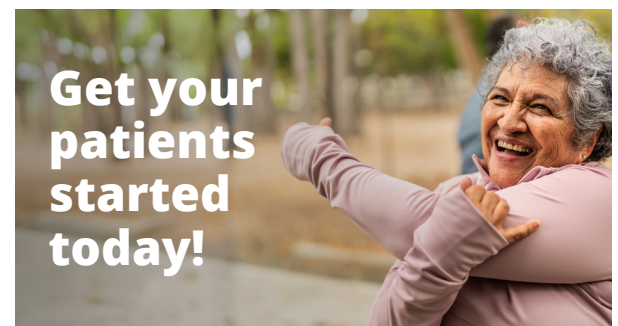
## **SilverSneakers helps meet quality measures for:**

### **HEDIS**

- Controlling High Blood Pressure
- Diabetes Care
- Fall Risk
- Flu Vaccinations
- Readmissions
- Acute Hospital Utilization
- ER Utilization

### **HOS**

- Physical Health
- Physical Activity Older Adults
- Mental Health
- Fall Risk Management



Ask them to go to **SilverSneakers.com** and click **check my eligibility.**

# ✓ Comparative Analysis of SilverSneakers Participation

## Medication Adherence & Care for Diabetics<sup>3</sup>

p-value < 0.001

Pre-SilverSneakers  
Initiation

Post-SilverSneakers  
Initiation

### HEMOGLOBIN A1C TESTING

92%

95%

### HYPERTENSION MEDICATION

87%

90%

### CHOLESTEROL MEDICATION

85%

87%

### EYE EXAM PERFORMED

48%

54%

## Healthcare Expenditures<sup>3</sup>

p-value < .0001

16% ↓

Avg. Healthcare  
Expenditures

\$5,303

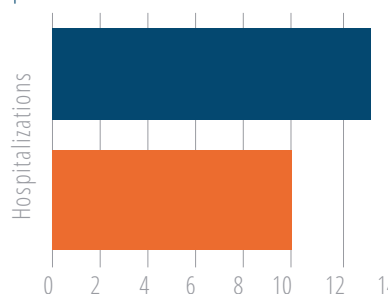
Medicare  
Advantage  
Members

\$4,463

SilverSneakers  
Members

## Hospitalizations<sup>3</sup>

p-value < 0.001



12.7

Pre-SilverSneakers  
Activity

10.0

Post-SilverSneakers  
Enrollment\*

The mean number of **hospital stays declined significantly** from nearly 13 stays per 100 patient years to 10.

## All-Cause 30-Day Readmissions<sup>3</sup>

p-values < 0.01



4.7%

5

SilverSneakers Participant



9.1%

3

MA Non-Participant

All-cause readmissions are a triple weighted Stars measure. **SilverSneakers participants performed significantly better** compared to MA non-participants.

To see the full story:

Scan to learn more about this study or visit [SilverSneakers.com/Providers](https://SilverSneakers.com/Providers)



1. Avalere Healthy Aging Program Impact on Health Outcomes in Medicare Advantage Beneficiaries, Whitepaper 2021  
2. 2024 Annual Member Survey  
3. Avalere | Inovalon Tivity SilverSneakers Impact Analysis Pre/Post and Matched Medicare Advantage Control Group Analyses 2021

Avalere®, an Inovalon® company, independently conducted this study leveraging access to Inovalon's Medical Outcomes Research for Effectiveness and Economics Registry from more than 150 health plans across the nation that have utilized Inovalon's data analytic services from the year 2000 to date.

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