



YOUR KEY TO A FULLER, HEALTHIER LIFE

SilverSneakers® is a program designed with you in mind. You have the opportunity to join a group of like-minded people focused on maintaining good health and independence.

THE SILVERSNEAKERS EXPERIENCE

SilverSneakers is *much more* than an exercise program – it’s a way for you to achieve your *best health in mind, body and spirit.*¹



A no-cost fitness benefit with access to thousands of participating locations nationwide²



SilverSneakers FLEX® classes offered outside the traditional gym setting³



The ability to enroll at multiple locations at any time



Social connections through events such as shared meals, holiday celebrations and class socials



Online resources (fitness location directory, articles, SilverSneakers On-Demand™, and more)



Adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, participating location finder and more with the SilverSneakers GO™ app



Signature SilverSneakers classes designed for all fitness levels and led by instructors trained specifically in senior fitness³



Nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association



88%

of participants say SilverSneakers has improved their quality of life.⁴

60%

of participants report that they have made new and valuable friendships through SilverSneakers.⁴

69%

discovered they could do more than they thought they could.⁴

LET'S GET STARTED

Enroll in as many locations as you like and take part in fitness classes, use gym amenities and participate in events in your community.²



START HERE

Go to **SilverSneakers.com/StartHere** to get your SilverSneakers member ID and find fitness locations that are right for you.



TAKE A TOUR

Bring your member ID number with you on your first visit.



START YOUR ROUTINE

You can start slowly, but keep it steady to enjoy a healthier lifestyle.

SilverSneakers.com/StartHere

Questions? Call 1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET.

1. Always talk with your doctor before starting an exercise program.

2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is 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.
4. 2018 Annual Participant Survey

Medicare Plus BlueSM and BCN AdvantageSM are PPO, HMO and HMO-POS plans with Medicare contracts.

Enrollment in Medicare Plus Blue and BCN Advantage depends on contract renewal.

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