

## SilverSneakers® Fitness

Applies to:



**Blue Cross  
Blue Shield**  
of Michigan

A nonprofit corporation and independent licensee  
of the Blue Cross and Blue Shield Association

Medicare Plus Blue<sup>SM</sup> PPO    Medicare Plus Blue<sup>SM</sup> Group PPO    Both

### SilverSneakers® Fitness

SilverSneakers is a basic fitness benefit that includes fun and energizing programs that help older adults take greater control of their health by encouraging physical activity and participation in social events. It's designed to improve overall fitness by increasing muscular strength, endurance, flexibility, agility and balance. Physical exercise improves the overall well-being of the member.

### Original Medicare

Original Medicare doesn't cover fitness services.

### Medicare Plus Blue<sup>SM</sup> PPO enhanced benefit

Medicare Plus Blue is a Medicare Advantage plan that provides at least the same level of benefit coverage as Original Medicare (Part A and Part B) and may provide enhanced benefits beyond the scope of Original Medicare within a single health care plan. This flexibility allows Blue Cross to offer enriched plans by using Original Medicare as the base program and adding desired benefit options such as SilverSneakers Fitness.

Coverage for the SilverSneakers Fitness program is provided to members under all individual Medicare Plus Blue<sup>SM</sup> PPO and select Medicare Plus Blue<sup>SM</sup> Group PPO plans. Because Original Medicare doesn't cover fitness services, the scope of the benefit, reimbursement methodology, maximum allowed payment amounts and member cost sharing are determined by Blue Cross Blue Shield of Michigan for individual coverage and by the group for group-based coverage.

#### Benefits include:

- SilverSneakers membership at any participating location across the country
- Customized SilverSneakers classes, seminars and other social events
- A trained senior adviser at the fitness center to show the member around and help him or her get started
- Conditioning classes, exercise equipment and may include a pool, sauna or other available amenities
- Online support that can help members lose weight, reduce stress or quit smoking
- SilverSneakers Steps program for members without convenient access to a participating SilverSneakers facility

Eligible members will receive a SilverSneakers membership card and may enroll at one of the participating SilverSneakers Fitness centers. Members must show their Blue Cross Medicare Plus Blue identification card when enrolling at one of the participating fitness centers.

Members not in close proximity to a contracted fitness center may request SilverSneakers Steps, an at-home exercise kit that includes a drawstring bag, pedometer, exercise resistance bands, exercise DVD and exercise cards.

Blue Cross Blue Shield of Michigan

[bcbsm.com/provider/ma](https://bcbsm.com/provider/ma)

## Conditions for benefit

The SilverSneakers Fitness program is a specialized program designed specifically for seniors that includes membership payments at participating facilities. Members who choose to participate in this program must use a plan-authorized vendor. The SilverSneakers benefit doesn't include gym or health club memberships other than for those facilities that participate in the program.

## Member cost sharing

- Services that require added costs (for example, court sports and massage therapy) may be available at some centers. The member is fully liable for the costs associated with any services that require additional charges.
- If the member elects to receive a noncovered service, he or she is responsible for the entire charge associated with that service.
- Providers may not have members sign an ABN to accept financial responsibility for noncovered items or services. If there is any question about whether an item or service is covered, seek a coverage determination from Blue Cross before providing the item or service to the member. If a provider provides a noncovered item/service to a member without first obtaining a coverage determination, the member must be held harmless for all charges except for any applicable cost-share.

To verify benefits and cost sharing, providers may utilize web-DENIS or call 1-866-309-1719.

## Contact information

Members with questions about SilverSneakers benefits can call Tivity Health™ Servicing at 1-866-584-7389 or visit the website at [www.silversneakers.com](http://www.silversneakers.com)\*

### Revision history

Policy number: MAPPO 1019

Reviewed: 07/19/2018

Revised: 06/19/2017, 8/2015, 2012

06/19/2017: Updated company name to Tivity Health™, updated phone number for SilverSneakers Servicing

08/2015: Updated formatting, expanded coverage to all individual Medicare Advantage Plus Blue PPO plans, removed reference to CAREN, added revision history section and policy numbering system

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