

SilverSneakers® fitness

Applies to:

BCN Advantage Individual BCN Advantage Group Both

BCN Advantage HMOSM
BCN Advantage HMO-POSSM



**Blue Care
Network
of Michigan**

Medicare and more

Blue Care Network of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

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.

BCN Advantage enhanced benefit

BCN Advantage 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 Care Network 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 BCN Advantage individual and select BCN Advantage group plans that include this benefit. 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 Care Network of Michigan for individual coverage and by the groups for those who selected this benefit.

Members are covered for a fitness benefit through SilverSneakers. SilverSneakers is a comprehensive program that can improve overall well-being and social connections. Designed for all levels and abilities, SilverSneakers provides convenient access to a nationwide fitness network, a variety of programming options and activities beyond the gym that incorporate physical well-being and social interaction.

Benefits include:

- Use of exercise equipment, classes, and other amenities at thousands of participating locations
- SilverSneakers LIVE online classes and workshops taught by instructors trained in senior fitness
- SilverSneakers On-Demand online library with hundreds of workout videos
- SilverSneakers GO mobile app with on-demand videos and live classes
- SilverSneakers Community gives you options to get active outside of traditional gyms (like recreation centers, malls, and parks)
- Online fitness tips and healthy eating information
- Social connections through events such as shared meals, holiday celebrations, and class socials
- GetSetUp virtual enrichment program with classes on topics ranging from healthy eating to aging in place

Eligible members will receive a SilverSneakers membership card and may enroll at a participating SilverSneakers Fitness center. Members must show their BCN Advantage 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 Care Network of Michigan

bcbsm.com/providers

Conditions for payment

The SilverSneakers Fitness program is a specialized program designed specifically for seniors that includes membership payments at participating facilities. Fitness services must be provided at SilverSneakers participating locations. 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 our provider portal or call 1-800-344-8525.

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.*

GetSetUp is a third-party provider and is not owned or operated by Tivity Health, Inc. ("Tivity") or its affiliates. Users must have internet service to access GetSetUp service. Internet service charges are responsibility of user.

SilverSneakers is a registered trademark of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved.

Revision history

Policy number: BCNA

Effective: 01/01/2023

Reviewed: 11/18/2024, 09/07/2023

Revised:

*Blue Care Network does not own or control this website.