

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 PPOSM Medicare Plus Blue Group PPOSM Both

SilverSneakers fitness

SilverSneakers is a basic fitness benefit that includes fun and energizing programs that helps older adults take greater control of their health by encouraging physical activity and offering social events. It is designed to improve overall fitness by increasing muscular strength, endurance, flexibility, agility and balance.

Original Medicare

Original Medicare doesn't cover fitness services.

Medicare Plus Blue

Medicare Plus Blue plans provide at least the same level of benefit coverage as Original Medicare (Part A and Part B) and provide enhanced benefits beyond the scope of Original Medicare within a single health care plan. This flexibility allows BCBSM Medicare Plus Blue to offer enriched benefits such as SilverSneakers fitness.

Coverage for SilverSneakers fitness is provided to members under select individual Medicare Plus Blue PPO and Medicare Plus Blue Group PPO plans. Since Original Medicare doesn't cover fitness services, the scope of the benefit, reimbursement methodology, maximum allowable payment amounts and member cost-sharing are determined by the group.

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 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 SilverSneakers fitness program.

Benefits include:

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

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Eligible members will receive a SilverSneakers membership card and may enroll at one of the SilverSneakers fitness centers. Members may also show their BCBSM Medicare Plus Blue identification card to enroll at one of the fitness centers.

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

Member cost

- Services that require added costs (e.g., court sports, massage therapy, etc.) may be available at some centers however; the member is fully liable for the costs associated with these services.
- If the member elects to receive a noncovered service, he or she is responsible for the entire charge associated with the noncovered service.

For detailed information about a Medicare Plus Blue member's benefits and cost-share, providers may verify member benefits via web-Denis or call CAREN at 1-866-309-1719.

Contact information

- Members with questions concerning SilverSneakers benefits can call Healthways Servicing at 1-877-469-2583 or go to the website: www.silversneakers.com*

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