



## TAKE ADVANTAGE OF WHAT WE HAVE FOR SILVERSNEAKERS MEMBERS!<sup>1,2</sup>

Use your SilverSneakers  
benefit today!



Find out if you're eligible.

[SilverSneakers.com/Check](https://www.silversneakers.com/check)

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

1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
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.

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# SILVERSNEAKERS OFFERED HERE



A group of older adults are shown in a gym setting. In the foreground, a woman with short dark hair is smiling and looking towards a man with white hair and a beard who is also smiling. In the background, another woman with glasses and a man with a white beard are visible, all appearing to be in a fitness class or group activity.

## What is SilverSneakers and what do I get?

SilverSneakers® is a fitness benefit included with 60+ Medicare Advantage health plans.

SilverSneakers members have access to a basic membership at this location.

Visit [SilverSneakers.com/Check](https://www.silversneakers.com/Check) to see if your health plan includes SilverSneakers.

## What if I have questions about using this participating location?

### Friendly staff will provide:

- help with enrollment
- tours with information
- guidance on what to wear — comfortable, breathable clothing with well-fitting, closed-toe shoes

## Are there online resources?

- View tips and SilverSneakers On-Demand™ workout videos.
- Follow along with adjustable workouts on the SilverSneakers GO™ fitness app.
- Also check out SilverSneakers Facebook, eNewsletter and blog.