

Get active with SilverSneakers®



There's a good chance your Medicare health plan includes SilverSneakers. If it does, you have a fitness benefit **at no extra cost.**

Find partner health plans and get more information at silversneakers.com, or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.



Work out indoors

- 13,000+ fitness locations*
- all basic amenities and SilverSneakers group exercise classes
- easy enrollment with your SilverSneakers ID number



Experience SilverSneakers FLEX® classes

- tai chi, yoga, walking groups and more
- at local parks, recreation centers and older-adult living communities (in select states)



Connect online

- fitness location and SilverSneakers FLEX class lookup tool
- meal plans and healthy recipes
- resources and inspiration

**If your health plan offers SilverSneakers,
start using your benefit today!**



*At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound.

Tivity Health, SilverSneakers and SilverSneakers FLEX are registered trademarks or trademarks of Tivity Health, Inc. and/or its subsidiaries and/or affiliates in the USA and/or other countries.
© 2017 Tivity Health, Inc. All rights reserved.

SSFP544FEAT0117_G