

# 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](https://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.

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