



BE ACTIVE, STAY HEALTHY WITH SILVERSNEAKERS

SilverSneakers® was designed with you in mind! Through your health plan, you may have the opportunity to join a group of members in your community focused on health, independence and social connections.

BENEFITS OF SILVERSNEAKERS



Thousands of participating locations nationwide¹; enroll at as many as you want at the same time



SilverSneakers classes designed for all fitness levels, led by trained instructors²



SilverSneakers FLEX® classes offered outside the traditional gym setting¹

Online resources:



- SilverSneakers LIVE full-length classes
- SilverSneakers On-Demand™ workout videos
- SilverSneakers GO™ mobile app



Connections through events such as shared meals, holiday celebrations and class socials



Always talk with your doctor before starting an exercise program.

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

SILVERSNEAKERS BY THE NUMBERS

86%

86% of participants said SilverSneakers has improved their **quality of life**

57%

57% of participants report that they have made new and **valuable friendships**

88%

88% of participants report that they **feel healthier** since starting SilverSneakers

69%

69% of participants discovered **they could do more than they thought they could.**

Source: SilverSneakers Annual Member Survey 2019

LET'S GET STARTED

1



CREATE YOUR ACCOUNT

Go to **SilverSneakers.com**, click "Check Your Eligibility" and follow the simple steps to get your member ID number and create your SilverSneakers account.

2



GET ACTIVE

Work out wherever you are with SilverSneakers LIVE, On-Demand or the GO app. Find participating locations and FLEX classes to exercise with friends. Bring your water bottle and wear comfortable sneakers.

3



STAY HEALTHY

Try different classes online or at a participating location to find what works best for you. Connect with others to make new friends and gain a sense of community.

Questions about SilverSneakers?

Call 1-888-423-4632 (TTY: 711), Monday–Friday, 8 a.m.–8 p.m. ET or visit [SilverSneakers.com/FitnessRX](https://www.silversneakers.com/FitnessRX) to learn more.