

FITNESS IS MEDICINE

SilverSneakers impacts patient health and improves cost savings.

SilverSneakers® helps members improve overall well-being by providing access to thousands of participating locations¹ as well as valuable online classes and resources encouraging healthy behavior. The program is offered through select Medicare plans **at no additional cost**.

SilverSneakers positively affects health care costs



SilverSneakers class attendees' health care costs during the one-year follow-up period increased **less than one-quarter** of the amount of eligible non-enrollees.²



Compared with SilverSneakers participants who averaged less than one visit per week, those who averaged 2 to less than 3 visits per week or 3 or more visits per week had similar reductions in total health care costs at year 2 (2 to <3 visits, **-\$1252**; ≥3 visits, **-\$1309**).³



Cost savings for SilverSneakers participants with diabetes was **\$1633 in one year**, and they showed slower growth in costs over two years compared to a matched cohort.⁴

38% of members never had a fitness membership before SilverSneakers.⁵

SilverSneakers has proven effect on members' physical and emotional health



SilverSneakers participants are **2.3% less likely to be hospitalized**.³



In a Tivity Health®/MIT AgeLab study of 3,000+ seniors, **25% fewer SilverSneakers members suffered** from social isolation than non-members.⁶

Your voice matters in keeping patients active.
Encourage your patients to check their eligibility.

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

1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.

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. Crossman, Ashley Fenzl. Health Behavior and Policy Review, Volume 5, Number 1, January 2018, pp. 40-46(7)
3. Nguyen Q, Ackermann RT, Maciejewski M, Berke E, Patrick M, Williams B and LoGerfo JP. Managed-Medicare Health Club Benefit and Reduced Health Care Costs Among Older Adults. Prev Chronic Dis 2008;5(1)
4. Nguyen, HQ, Maciejewski, M, Gao, S, Lin, E, Williams, B, LoGerfo, JP. Health Care Use and Costs Associated With Use of a Health Club Membership Benefit in Older Adults with Diabetes. Prev Chronic Dis 2008;31(8).
5. SilverSneakers Annual Member Survey 2019
6. Brady S, D'Ambrosio LA, Felts A, Rula EY, Kell KP, Coughlin JF. Reducing isolation and loneliness through membership in a fitness program for older adults: Implications for health. J Appl Gerontol. 2018, Nov [epub ahead of print]
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SILVERSNEAKERS OUTCOMES: PUBLISHED EVIDENCE OF PROGRAM IMPACT

Healthcare Cost Savings over a One-Year Period for SilverSneakers Group Exercise Participants

Abstract: The objective of this study was to determine if there are healthcare cost savings for SilverSneakers participants who attend the SilverSneakers group exercise and health education classes compared to non-SilverSneakers participants. Healthcare costs were compared between SilverSneakers participants and a matched control group of non-SilverSneakers participants. Program participation was defined as attending one SilverSneakers group exercise class at least once per week for one year. Cost savings were defined as a decrease in total healthcare costs over one year compared to the control group. Results: SilverSneakers participants had significantly lower healthcare costs than the control group. The average per capita healthcare cost for SilverSneakers participants was \$2,144 lower than the control group. The average per capita healthcare cost for SilverSneakers participants was \$2,144 lower than the control group. The average per capita healthcare cost for SilverSneakers participants was \$2,144 lower than the control group.

Healthcare Costs Over A One-Year Period For SilverSneakers Group Exercise Participants

Crossman, Ashley Fenzl, Health Behavior and Policy Review, 2018

Key Takeaways: SilverSneakers class attendees had \$2,144 lower average healthcare costs than matched non-enrollees after only a single year in the program. SilverSneakers participants had significantly fewer hospital admissions and lower healthcare costs after 2 years. SilverSneakers Fitness program found that participation was significantly associated with lower risk of depression and increased participation was associated with a greater decrease in healthcare costs for those with diabetes when compared to those who exercised less.

Key Takeaways:

- SilverSneakers class attendees had \$2,144 lower average healthcare costs than matched non-enrollees after only a single year in the program
- SilverSneakers participants had significantly fewer hospital admissions and lower healthcare costs after 2 years
- SilverSneakers Fitness program found that participation was significantly associated with lower risk of depression and increased participation was associated with a greater decrease in healthcare costs for those with diabetes when compared to those who exercised less

PDF available at:

<http://ingentaconnect.com/contentone/psp/hbpr/2018/00000005/00000001/art00004>

Health Care Use and Costs Associated With Use of a Health Club Membership Benefit in Older Adults with Diabetes

Abstract: The objective of this study was to determine whether health care use and costs were lower for older adults with diabetes who used a health club membership benefit compared to those who did not use the benefit. Results: Health club membership users had significantly lower health care use and costs than non-users. The average per capita health care cost for health club membership users was \$1,633 lower than the control group. The average per capita health care cost for health club membership users was \$1,633 lower than the control group.

Health Care Use and Costs Associated With Use of a Health Club Membership Benefit in Older Adults with Diabetes

Nguyen, HQ, Maciejewski, M, Gao, S, Lin, E, Williams, B, LoGerfo, JP Diabetes Care, 2008

Key Takeaways:

- SilverSneakers can help control health care costs for older adults with diabetes
- SilverSneakers participants with diabetes had \$1,633 lower average health care costs than the control group after one year in the program
- Year two costs were \$1,230 less for SilverSneakers participants than the control group and significantly fewer participants were hospitalized
- Higher program participation was associated with greater savings. Participants averaging two or more fitness center visits declined in cost over two years and had savings of \$2,141 in year two relative to those with lower participation

PDF available at:

<http://care.diabetesjournals.org/content/31/8/1562.full>

Reducing Isolation and Loneliness Through Membership in a Fitness Program for Older Adults: Implications for Health

Abstract: The objective of this study was to determine if there are implications for health and loneliness for older adults who participate in a fitness program. Results: Fitness program participants had significantly lower loneliness and isolation scores than the control group. The average loneliness score for fitness program participants was 1.5 points lower than the control group. The average isolation score for fitness program participants was 1.5 points lower than the control group.

Reducing Isolation and Loneliness through Membership in a Fitness Program for Older Adults: Implications for Health

Brady, Samantha; D'Ambrosio, Lisa A.; Felts, Adam; Rula, Elizabeth Y.; Kell, Kenneth P.; Coughlin, Joseph F. Journal of Applied Gerontology, 2020

Key Takeaways:

- SilverSneakers membership directly increased physical activity and self-rated health, directly decreased social isolation, and indirectly decreased loneliness
- Decreased social isolation and loneliness were associated with better self-rated health: social isolation and loneliness had independent direct effects on health, while social isolation also had an indirect effect on health mediated through loneliness

PDF available at:

<https://journals.sagepub.com/doi/pdf/10.1177/0733464818807820>

PREVENTING CHRONIC DISEASE

Managed-Medicare Health Club Benefit and Reduced Health Care Costs Among Older Adults

Abstract: The objective of this study was to determine whether health care use and costs were lower for older adults with diabetes who used a health club membership benefit compared to those who did not use the benefit. Results: Health club membership users had significantly lower health care use and costs than non-users. The average per capita health care cost for health club membership users was \$1,633 lower than the control group. The average per capita health care cost for health club membership users was \$1,633 lower than the control group.

Managed-Medicare Health Club Benefit and Reduced Health Care Costs Among Older Adults

Nguyen, HQ, Ackermann, RT, Maciejewski, M, Berke, E, Patrick, M, Williams, B, LoGerfo, JP Preventing Chronic Disease, 2008

Key Takeaways:

- SilverSneakers participation resulted in reduced cost trends. Although SilverSneakers participants had higher healthcare costs at baseline, their costs were the same as nonparticipants by year one and were significantly lower (average, -\$500) in year two
- SilverSneakers participants had significantly fewer inpatient hospital admissions in the second year
- Greater participation was associated with higher savings—participants who averaged two or more SilverSneakers health club visits per week had average savings of \$1,252 in year two compared to those with fewer than one visit per week

PDF available at:

https://www.cdc.gov/pcd/issues/2008/jan/07_0148.htm