

YOUR PRESCRIPTION FOR FITNESS

Get active and make new friends with a fitness benefit included in many Medicare Advantage plans and select Medicare Supplement plans.

With SilverSneakers®, you have access to:

- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand™ classes available 24/7
- SilverSneakers GO™ mobile app with adjustable workout plans and more
- thousands of participating locations¹ nationwide
- specialized classes² for all fitness levels, led by instructors trained in senior fitness

Choose exercises that support your own fitness goals, whether they're to lose weight, improve balance or gain functional strength.

Recommended exercises:

- A mix of moderate and vigorous aerobic activity every week equaling 150 minutes
Examples: *SilverSneakers Classic, Circuit, dance or Boom classes*
- Exercises to improve balance and coordination at least 2 days a week
Examples: *On-Demand Fall Prevention Program, SilverSneakers Group Exercise Classes, On-Demand Stress Management Education Program, SilverSneakers GO Strength Program*
- Strength exercises 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) **Examples:** *SilverSneakers Classic, Circuit or yoga classes*

To see a full list of locations, visit

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

Questions? Call 1-888-423-4632 (TTY: 711)
Monday – Friday 8 a.m. – 8 p.m. ET



All you need to get started is your SilverSneakers member ID number. Follow the instructions on the card to get it, and write it on the card for quick reference. You can cut and fold the card to carry in your wallet.



Your SilverSneakers member ID number:

Visit us online to look up your member ID and locations near you.

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

Let's get started!

- 1 Create your account.** Go to **SilverSneakers.com** and click "Check Your Eligibility" to get your ID number. Follow the simple steps to create your account.
- 2 Get active.** Work out with SilverSneakers LIVE, On-Demand or GO, or find participating locations and SilverSneakers FLEX® classes. Bring your water bottle and wear comfortable sneakers.
- 3 Stay healthy.** Try different classes online or at a participating location to find your best fit. Make new friends and stay connected.

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Monday – Friday 8 a.m. – 8 p.m. ET
Card is nontransferable.

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.

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