

## What is SilverSneakers?



SilverSneakers is an overall wellness program that helps you improve your health and live the life you want.

## How does SilverSneakers work?



SilverSneakers is offered to Medicare-eligible and group retiree members of participating health plans. In some plans, it's offered **at little or no additional cost**. Call the number on your health plan ID to learn more.

## What do I get with SilverSneakers?



Whether you're a beginner or a seasoned pro ready for the next challenge, SilverSneakers offers a variety of options for all fitness levels and abilities. SilverSneakers gives you access to exercise equipment\*, classes\* and fun social activities at thousands of locations† nationwide.

## How do I enroll?



- 1 Search for a SilverSneakers location by ZIP code at [siversneakers.com](http://siversneakers.com).
- 2 Take your SilverSneakers card or personal member ID number to any location. (Visit [siversneakers.com/card](http://siversneakers.com/card) if you need to print your card or write down your member ID number.)
- 3 Tell the front desk staff you want to enroll, and ask for a tour.

## What are the SilverSneakers classes?



Six signature SilverSneakers classes, available in select locations, are geared toward varying fitness levels and interests. SilverSneakers FLEX™ classes offer additional options, and for more challenging classes, try Healthways BOOM®.

## What if I already have a fitness membership?



If your current membership is at a SilverSneakers location and you're eligible for SilverSneakers through your health plan, you should request your membership to be "frozen." Just talk to the staff at your current location.

## What should I wear?



For working out, wear comfortable clothing and well-fitting athletic shoes.



See if you're eligible!

Visit [siversneakers.com](http://siversneakers.com) or call  
1-888-423-4632 (TTY: 711), Monday through  
Friday, 8 a.m. to 8 p.m. ET.