



# YOU WANT YOUR LOVED ONES TO STAY ACTIVE AND BE HEALTHY

SilverSneakers can help.

Regular exercise is an important part of a healthy lifestyle. SilverSneakers® helps seniors get the exercise they need to stay healthy, independent and socially active. And SilverSneakers is included as a fitness benefit with nearly 80 Medicare Advantage and Medicare Supplement plans.

SilverSneakers includes basic memberships to thousands of participating locations<sup>1</sup> across the country. From weights and machines to group classes<sup>2</sup>, there's something for everyone. The program also includes SilverSneakers LIVE™ classes, 200+ SilverSneakers On-Demand™ videos available 24/7 and much more.

Does your loved one have SilverSneakers?

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

1-888-423-4632 (TTY: 711)

Monday – Friday 8 a.m. – 8 p.m. ET

## Quick conversation guide

- **Offer to help.** Learn why they aren't exercising.
- **Focus on the benefits.** Explain how exercise can improve their health.
- **Encourage small steps.** Simply going to a participating location<sup>1</sup> for a tour is a step in the right direction.



SilverSneakers

**Your loved ones should always talk with their 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 and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. SilverSneakers LIVE and SilverSneakers On-Demand are trademarks of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved. SSFP2715\_0122