



# Stay Active to Help Prevent or Manage Type 2 Diabetes



**Get the exercise you need with SilverSneakers®, a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.**

If you're among the 16.5 million Americans aged 65 and over with diabetes, or 27.2 million with prediabetes,<sup>1</sup> your doctor may have recommended additional exercise to manage or prevent diabetes. As the leading fitness program for older adults, SilverSneakers can help.

Being more active is proven to support:<sup>2</sup>

- weight loss, if needed
- managing blood sugar levels and blood pressure
- lowering the risks of heart disease and nerve damage



**SilverSneakers may give you the power to take control of your health. If your health plan includes this benefit, you have access to:**

- A nationwide network of participating gym and community locations<sup>3</sup>, at no additional cost - enroll in as many as you'd like
- Group activities and classes<sup>4</sup> offered outside the gym
- SilverSneakers LIVE online classes and workshops led by specially trained instructors offered 7 days a week, morning, afternoon and evening
- SilverSneakers On-Demand 200+ online workout videos available 24/7
- SilverSneakers GO mobile app with adjustable workout plans and more
- Burnalong® access with a supportive virtual community and thousands of classes for all interests and abilities

**Find out if you have SilverSneakers at [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)**



**“SilverSneakers allows me to be a member of a gym and work out. Staying healthy and watching my weight motivates me because I have a family history of diabetes. If you are considering joining SilverSneakers, just do it.<sup>5</sup>”**

*– Tanya, SilverSneakers member*



SilverSneakers may help you manage or prevent Type 2 diabetes. Find out if you have the benefit.

***[SilverSneakers.com/StartHere](https://www.silver Sneakers.com/StartHere)***



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

**Always talk with your doctor before starting an exercise program.**

1. <https://www.cdc.gov/diabetes/php/data-research/>
2. <https://www.cdc.gov/diabetes/living-with/physical-activity.html>
3. 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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.
4. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
5. Results vary. Not all participants will achieve these results or benefits.

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