



Take Action to Prevent Falls with SilverSneakers®



Improve balance, strength and flexibility with SilverSneakers, a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.

More than 1 out of 4 older adults fall each year.¹ But you may be able to reduce your risk by taking these actions:

- Ask your doctor to evaluate your risk, review your medicines
- Have your eyes checked and update prescription glasses if needed
- Make your home safer by removing hazards (download a [FREE Home Safety Checklist](#))
- Participate in SilverSneakers to learn more about fall prevention, including strength and balance exercises that can help



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 locations², at no additional cost - enroll in as many as you'd like
- Group activities and classes³ 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)



“With core strength and good balance, I’m confident in my ability to get up off the floor, easily get up from a chair using just my leg muscles, carry my own groceries and put my own suitcase in the overhead compartment and not lose my balance and fall.⁴”

– Sandy, SilverSneakers member



SilverSneakers may help you prevent falls.
Find out if you have the benefit.

[SilverSneakers.com/StartHere](https://www.silversneakers.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/falls/data-research/facts-stats/>
2. 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.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
4. Results vary. Not all participants will achieve these results or benefits.

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