



Stay Active to Help Manage Osteoarthritis



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

Experts estimate that more than 80% of adults older than 55 have osteoarthritis.¹ If this includes you, these recommendations can help you gain manage symptoms and reduce pain:²

- See your doctor and learn strategies to manage your condition
- Stay active which may help decrease pain and improve function
- Maintain a healthy weight which may help limit arthritis progression
- Protect your joints which may help reduce the likelihood of worsening osteoarthritis



Participating in SilverSneakers may be an effective way to help improve your joint health. If your health plan includes this benefit, you have access to:

- A nationwide network of participating gym and community locations³, at no additional cost - enroll in as many as you'd like
- Group activities and classes⁴ 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)



"I attend [my location] five days a week. Originally it was to keep me flexible and moving. But the best outcome has been the fun, laughter and friendships. I believe my visits keep me mentally and physically fit.⁵"

– Gayla, SilverSneakers member



SilverSneakers may help you manage osteoarthritis. 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://my.clevelandclinic.org/health/diseases/5599-osteoarthritis>
2. <https://www.cdc.gov/arthritis/osteoarthritis/>
3. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are 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.