



YOUR PRESCRIPTION FOR FITNESS

Get active and make new friends with a fitness benefit included in many Medicare Advantage plans and select Medicare Supplement plans.

With SilverSneakers®, you have access to:

- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand™ classes available 24/7
- SilverSneakers GO™ mobile app with adjustable workout plans and more
- thousands of participating locations¹
- specialized classes² for all fitness levels, led by instructors trained in senior fitness



Your SilverSneakers member ID number:

_____ - _____ - _____ - _____

Visit us online to look up your member ID and locations near you.

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

Recommended exercises

□ A mix of moderate and vigorous aerobic activity every week equaling 150 minutes

□ Exercises to improve balance and coordination at least 2 days a week

Examples: On-Demand Fall Prevention Program, SilverSneakers Group Exercise Classes, On-Demand Stress Management Education Program, SilverSneakers GO Strength Program

□ Strength exercises 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

Examples: SilverSneakers Classic, Circuit or yoga classes

To see a full list of locations, visit

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

Questions? Call 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. 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, the SilverSneakers shoe logotype and SilverSneakers FLEX are registered trademarks of Tivity Health, Inc. SilverSneakers On-Demand and SilverSneakers GO are trademarks of Tivity Health, Inc. © 2020 Tivity Health, Inc. All rights reserved. SSFP279_1120



Let's get started!

- 1 **Create your account.** Go to **SilverSneakers.com** and click “Check Your Eligibility” to get your ID number. Follow the simple steps to create your account.
- 2 **Get active.** Work out with SilverSneakers LIVE, On-Demand or GO, or find participating locations and SilverSneakers FLEX® classes. Bring your water bottle and wear comfortable sneakers.
- 3 **Stay healthy.** Try different classes online or at a participating location to find your best fit. Make new friends and stay connected.

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

Monday – Friday 8 a.m. – 8 p.m. ET

Card is nontransferable.