

# TAKE ACTION TO PREVENT FALLS

**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 seniors fall each year.<sup>1</sup> But you may be able to reduce your risk by taking these actions:

- Ask your doctor to evaluate your risk, review your medicines and discuss taking vitamin D.
- Have your eyes checked and update prescription glasses if needed.
- Make your home safer<sup>1</sup> (get a FREE “Check for Safety” brochure from the Centers for Disease Control and Prevention<sup>2</sup>).
- 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:**

- thousands of participating locations nationwide, including basic amenities<sup>3</sup>
- classes for all fitness levels<sup>4</sup> with instructors trained in senior fitness
- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand workout videos available 24/7, including a 12-week fall-prevention education series
- the SilverSneakers GO app with stability workouts, fall prevention programs, reminders and more

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



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

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

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

*“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.”<sup>5</sup>*

– Sandy, SilverSneakers member

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

1. [cdc.gov/homeandrec/recreational/safety/falls/adultfalls.html](https://www.cdc.gov/homeandrec/recreational/safety/falls/adultfalls.html)
2. [cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf](https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf)
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.
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.