



STAY ACTIVE FOR BETTER HEART HEALTH

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

Recommendations for a healthy lifestyle:¹

- exercise 30 minutes 5 times a week
- choose healthy food and drinks
- don't smoke
- maintain a healthy weight

To lower your risk for heart disease and heart attack, it's important to keep your blood pressure, cholesterol and blood sugar normal; being active is key to doing this.¹ As the leading fitness program for seniors, SilverSneakers® 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 amenities²
- classes for all fitness levels³ with instructors trained in senior fitness³
- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand workout videos available 24/7, including health and nutrition tips
- the SilverSneakers GO app with stability workout plans and more

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



Exercise with SilverSneakers for better heart health.
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1-888-423-4632 (TTY: 711) Monday – Friday, 8 a.m. – 8 p.m. ET

*[Exercising] helps me keep my blood pressure and cholesterol down, and my heart, bones and mind strong. If anyone asks me about SilverSneakers, I say to them proudly, 'Please participate. Be motivated for your own health.'*⁴

– W.T., SilverSneakers member

Always talk with your doctor before starting an exercise program.

1. [cdc.gov/heartdisease/prevention.htm](https://www.cdc.gov/heartdisease/prevention.htm)
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.
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.