



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.

One in four U.S. adults has arthritis.¹ If this includes you, these recommendations can help you gain control of your arthritis:²

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

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:

- thousands of participating locations nationwide, and many have pools for low-impact water workouts³
- classes for all fitness levels with instructors trained in senior fitness who can modify exercises for your needs⁴
- 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 workouts, reminders and more

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



SilverSneakers may help you manage osteoarthritis.
Find out if you have SilverSneakers.

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

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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

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Always talk with your doctor before starting an exercise program.

1. [cdc.gov/arthritis/data_statistics/national-statistics.html](https://www.cdc.gov/arthritis/data_statistics/national-statistics.html)
2. [cdc.gov/arthritis/about/key-messages.htm](https://www.cdc.gov/arthritis/about/key-messages.htm)
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.