
STAY ACTIVE TO MANAGE PAIN



Manage your pain with help from SilverSneakers®, a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.

Nearly 30% of American adults over the age of 65 suffer from chronic pain.¹ But doing low to moderate intensity exercises 2 to 3 times per week may help.² These exercises are often recommended³ for pain management:

- **Strengthening.** Using resistance bands and/or weighted wristbands is a low-impact way to build strength and protect your joints.
- **Endurance.** Walking, swimming and cycling make your heart and arteries healthier and can reduce swelling in your joints.
- **Flexibility.** Stretching and activities like yoga and tai chi can relieve pain and stiffness and increase mobility to make everyday activities more comfortable.

SilverSneakers may give you the power to take control of your health. If your Medicare plan includes this benefit, you have access to:

- thousands of participating locations nationwide, including basic amenities⁴
- classes for all fitness levels⁵ with instructors trained in senior fitness
- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand workout videos available 24/7
- the SilverSneakers GO app with stability workouts, reminders and more

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



SilverSneakers may help you manage pain.
Find out if you have the benefit.

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

I have severe arthritis, herniated discs, and spinal stenosis... I go to the gym four days a week for three hours. I work out with weights and machines, do core and ab exercises and stretching, and cardio on the elliptical machine. It helps alleviate my pain and keeps me healthy so I do not need to take any prescription medications.⁵

– Marilyn, SilverSneakers member

Always talk with your doctor before starting an exercise program.

1. [cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm?s_cid=mm6736a2_w#T1_down](https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm?s_cid=mm6736a2_w#T1_down)
2. [ncbi.nlm.nih.gov/pmc/articles/PMC4534717](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4534717)
3. [nia.nih.gov/health/exercising-chronic-conditions#pain](https://www.nia.nih.gov/health/exercising-chronic-conditions#pain)
4. 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.
5. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
6. Results vary. Not all participants will achieve these results or benefits.