

MANAGE BLADDER LEAKS WHILE STAYING ACTIVE



Stop worrying about bladder leaks so you can do the things you enjoy. Get the exercise you need with SilverSneakers[®], a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.

There are ways to control urinary incontinence (UI):


- make lifestyle changes like losing weight and staying active¹
- try exercises like yoga and Tai Chi
- do pelvic floor muscle exercises²

Participating in SilverSneakers is a good way to get and stay active which can help you manage UI.

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

- a nationwide network of participating locations,³ with group fitness classes⁴ at select locations – enroll in as many as you like, at any time
- SilverSneakers Community classes offered in neighborhood locations outside of the gym
- SilverSneakers LIVE online classes and workshops taught by specially trained instructors, 7 days a week
- SilverSneakers On-Demand library with hundreds of online workout videos
- SilverSneakers GO mobile app with digital workout programs/instructors, 7 days a week

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





Let SilverSneakers help you improve your mental health and mood.
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

I'm so grateful to have been introduced to a world that I didn't know about. SilverSneakers is far more than an exercise program. It's a culture of empowerment. Despite having a number of chronic health issues, SilverSneakers has helped me manage them. I am far stronger, leaner and more self-confident.⁵

– Judy, SilverSneakers member

Always talk with your doctor before starting an exercise program.

1. <https://www.nia.nih.gov/health/bladder-health-and-incontinence/urinary-incontinence-older-adults#:~:text=Incontinence%20can%20happen%20for%20many,bladder%20or%20pelvic%20floor%20muscles>
2. <https://www.nia.nih.gov/health/bladder-health-and-incontinence/15-tips-keep-your-bladder-healthy>
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.