



Hadda Waa Wakhtigaagii Aad Ku Socon Laheyd SilverSneakers



SilverSneakers® waa wax ka weyn barnaamij jirdhiseedki soo jireenka ahaa. Waa fursad aad ku wanaajiso caafimaadkaaga, aad ku hesho kalsooni oo aad kula xiriirto bulshadaada. Waxaa intaa dheer, waxaa laguugu daray **iyadoon wax qiimo dheeraad ah** lagu dalacey qorshahaaga caafimaadka.



Gudaha jiimka

- Kumanaan goobo¹ oo ka qayb-gal ah guud ahaan dalka oo leh adeegyo kala duwan
- Karti aad isaga diiwaangeliso goobo badan hal wakhti
- Fasallo² SilverSneakers ah oo loo naqshadeeyay dhammaan heerarka



Bulshadaada dhex

- Hawlo kooxeed iyo fasallo² ayaa lagu bixiyaa dibedda jiimka
- Dhacdooyinka ay ku jiraan cuntooyinka la wadaago, damaashaadka ciidaha iyo bulshada fasalka iyo kartida



Guriga ama markaad socoto

- SilverSneakers LIVE fasalo onleen ah iyo aqoon-is-weydaarsiyo ay hoggaaminayaan macalimiin si gaar ah u tababaran, 7 maalmood todobaadkii
- Fiidiyowyada On-Demand ee SilverSneakers ayaa la heli karaa 24/7
- App-ka moobeelka ee SilverSneakers GO oo wata agabyo barnaamij la gaaryeelay, qorshooyinka jimicsiga la hagaajin karo iyo in ka badan



**Waxaad imika heysataa SilverSneakers
adigoo u marayo qorshahaaga caafimaadka**

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



Su'aalo? Na soo wac. 1-888-423-4632 (TTY:711) Isniin-Jimce 8 subaxnimo - 8 fiidnimo ET

Aanu billowno!

Hel aqoonsigaaga xubinta ee SilverSneakers



Haddii aad ku cusub tahay SilverSneakers, booqo SilverSneakers.com/StartHere oo raac tallaabooyinka fudud.



Haddii aad hore xubin uga ahayd, gal Mareegta Xubinta ee SilverSneakers.com oo guji Profile/Member ID.

Lambarkeyga aqoonsiga SilverSneakers

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Ku qor lambarkaaga aqoonsiga meelaha bannaan ee lagu siiyay. Ama waad gooyin kartaa ama ku qaadi kartaa sawir taleefankaaga si aad had iyo jeer u haysato aqoonsigaaga.

Xusuusino:



Hel dhiiragalin! Iskaan garee si aad u hesho goobta SilverSneakers ee kuu dhow.

SilverSneakers.com/Locations



Mar walba la hadal dhakhtarkaaga ka hor inta aadan billaabin barnaamij jimicsi ah.

- Goobaha ka qayb-galaya ("PL") ma laha ama ma maamulaan Tivity Health, Inc. ama kuwa la shaqeeya. Isticmaalka tas-hiilaadka iyo adeegyada PL waxay ku kooban yihiin shuruudaha iyo shardiyada xubinnimada aasaasiga ah ee PL. Goobaha iyo tas-hiilaadka way u kala duwan yihiin PL. Ku darida PLs gaar ah lama dammaanad qaadayo oo ka qayb-qaadashada PL way u kala duwanaan kartaa qorshaha caafimaadka.
- Xubinnimada waxaa ka mid ah fasalada fayaqabka ee macallinka uu hogaamiyo ee SilverSneakers. Goobaha qaarkood waxay siiyaan xubnaha fasallo dheeraad ah. Fasallada way u kala duwan yihiin goobaha.

SilverSneakers waa summad ka diiwaangashan Tivity Health, Inc. loogada kabta ee la fududeeyay ee SilverSneakers waa calaamada ganacsiga Tivity Health, Inc. © 2025 Tivity Health, Inc. Dhammaan xuquuqaha waa la ilaaliyay. SSFP9650_SOM_0525