



FIRFIRCOONI KU HEL SILVERSNEAKERS

SilverSneakers® waa ka badan yahay barnaamij jimicsi. Waa fursad aad ku horumarin karto caafimaadkaaga, kalsooni ku heli karto oo aad bulshadaada ugu xirmi karto. Intaas waxa dheer, **isaga oo aan kharash dheeraad ah kugu joogin** ayuu kuugu jiraa qorshahaaga caymiska caafimaadka.

Markaad wadato SilverSneakers, xor ayaad u tahay inaad u dhaqaaqdo sidii kugu habboon.

Markaad ka qayb qaadato goobaha jimicsiga

- Kumanaan goobood¹ oo ka qayb ah oo adeegyo kala duwan leh
- Awood baad u leedahay inaad is qorto dhowr goobood isla hal mar
- Fasalada² SilverSneakers oo loogu talagalay dhammaan heerarka kala duwan

Bulshadaada dhexdeeda

- Hawlo kooxeed iyo fasalo² la bixiyo oo ka baxsan jiimka
- Munaasabo sida cuntooyin la wadaagayo, dabbaaldegyo fasax iyo fasalo is-dhexgal ah

Guriga ama marka aad safar ku jirto

- Fasalo iyo siminaarada SilverSneakers™ LIVE ee dhanka khadka oo todobaadka oo dhan ah
- Fasalada SilverSneakers ee Dalabka™ lagu helo ee diyaarka ah 24/7
- Ablikeyshanka moobeelka ee SilverSneakers GO™ oo ay ku jiraan qorsheyaal jimicsi la qaabeeyn karo iyo waxyaabo badan

Qorshahaaga caafimaadka ayaad mar horeba ku heshay SilverSneakers.

Keliya waxaad u baahan tahay aqoonsigaaga xubinimo si aad u bilowdo. Faahfaahinta dheeraadka ah ka eeg dhinaca kale

Ma og tahay?

88%

ka qaybqaatayaashu
waxay sheegeen
in SilverSneakers
kor u qaaday
noloshooda.³

SilverSneakers.com/StartHere

Su'aalo? Naga soo wac.

1-888-423-4632 (TTY: 711) Isniin– Jimce 8 g.h. – 8 g.d. ET


SilverSneakers

AYNU BILOOWNO!



Hel Aqoonaaga Xubnimada SilverSneakers

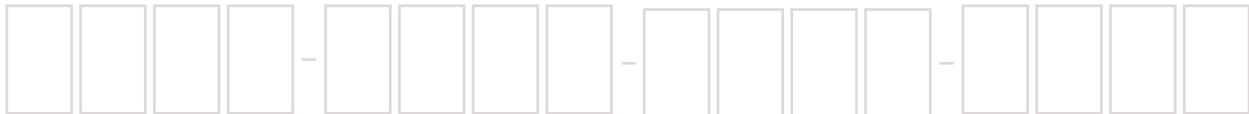


Haddii aad ku cusub tahay SilverSneakers, tag SilverSneakers.com/StartHere oo raac tallaabooyinka fudud.



Haddii aad horey xubin u ahayd, gal **Bogga Xubnaha** ee SilverSneakers.com oo guji **Aqoonaaga Barofaylka/Xubinta**.

Lambarkayga Aqoonaaga SilverSneakers



Lambarka aqoonaaga ku qor booska loo banneeyay. Tan ayaad soo jaran kartaa ama sawir kaga qaad taleefankaaga si aad had iyo jeer Aqoonaaga u sidato.

Fiiro Gaar ah:



Dhiirigelin hel!

Sawir si aad wax badan uga barato SilverSneakers ama booqo SilverSneakers.com/AboutUs



Had iyo jeer dhakhtarkaaga la hadal ka hor intaadan bilaabin barnaamij jimicsi cusub.

1. Goobaha ka qayb qaadanaya ("PL") Tivity Health Inc. ama xulafadeedu ma laha. Isticmaalka xarumaha PL iyo adeegyadooda waxay ku xaddidan yihiin shuruudaha iyo xaalandaha xubnimada PL ee aasaasiga ah. Xarumaha iyo adeegyadu PL-da way ku kala duwan yihiin.
2. Xubnimada waxa kuula socda xiisado kooxeed SilverSneakers oo macalin dhigayo. Goobaha qaar ayaa xubnaha siiya fasalo dheeraad ah. Fasalandu waxay ku kala duwan yihiin goobaha.
3. Ra'yi Uruurinta Ka Qaybqaatayaasha Sannadlaha ah ee SilverSneakers ee 2021

Astaanta kabta ee SilverSneakers iyo SilverSneakers waa astaamo ganacsi oo ku diiwaangashan Tivity Health, Inc. SilverSneakers LIVE, SilverSneakers On-Demand iyo SilverSneakers GO calaamad ganacsi ay leedahay shirkadda © 2022 Tivity Health, Inc. SSFP4052_SOM_0922