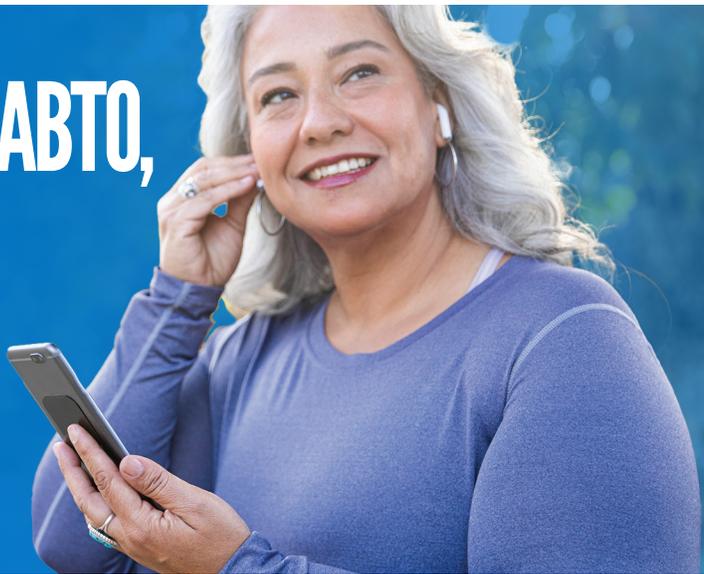


U DHAQAAQ SIDA AAD RABTO, GOORTA AAD RABTO ADOO ADEEGSANAYA SILVERSNEAKERS



SilverSneakers® waa barnaamij ka weyn barnaamijyada jirdhiska ee caadiga ah. Waa fursad aad ku wanaajin karto caafimaadkaaga, aad ku kasban karto kalsooni oo aad kula xiriiri karto bulshada aad ka tirsan tahay. Waxaa intaas dheer, in lagu daray **oo aadan ku bixin doonin wax kharash dheeraad ah** qorshaha caafimaadkaaga.

Markaad adeegsanayso SilverSneakers, waxaad xor u tahay inaad u dhaqaaqdo qaabab adiga kugu habboon.

Gudaha Jiimka

- Kumanaan goobood oo looga qaybgalo barnaamijka¹ oo ku yaala dalka oo dhan oo leh adeegyo kala duwan
- Awoodida in la iska diiwaangeliyo goobo badan waqti kasta
- Casharrada SilverSneakers² ee loogu talagalay dhammaan dadka leh heerarka iyo awoodaha kala duwan

Markaad guriga joogto ama aad socoto

- Casharada onlaynka ee Tooska ah ee SilverSneakers LIVE iyo aqoon-is-weydaarsiyo ay hogaaminayaan macallimiin si gaar ah u tababaran, 7 maalmood isbuuc kasta
- Fiidiyowiyada La Dalbado ee SilverSneakers On-Demand ayaa la heli karaa 24/7
- App-ka telefoonka gacanta ee SilverSneakers GO ee leh dhigaalada barnaamijeed ee gaarka ah, qorshayaasha jimicsi ee la sixi karo iyo wax kale oo badan
- Gelida Bernalong® oo laga helo taageero bulsheed oo fogaan-arag ah iyo kumanaan casharro ah oo loogu talagalay dadka danaynaya oo leh kartida kala duwan

Bulshadaada dhexdeeda

- Nashaadyo kooxeed iyo casharro² lagu bixiyo bannaanka jiimka
- Munaasabado ay ka mid yihiin cuntooyinka la wadaago, dabbaaldegyada fasaxyada iyo isdhexgalka fasalka

Horay ayaad u haysatay SilverSneakers iyadoo loo maray qorshaha caafimaadkaaga.

Keliya waxaad u baahan tahay aqoonsigaaga (ID) xubbinimo si aad u bilowdo. Faahfaahin dheeraad ah ka eeg bogga kale.

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

Su'aalo? Na soo wac.

1-888-423-4632 (TTY: 711) Isniinta – Jimcaha 8 subaxnimo – 8 galabnimo
Wakhiga Bari (ET)

Miyaad ogayd?

88%

ka mid ah xubnaha SilverSneakers ayay tayada noloshoodu wanaagsanaatay.³



SilverSneakers

AAN BILOWNO



Hel Aqoonsigaaga (ID) Xubinnimo ee SilverSneakers



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



Haddii aad horay xubin uga ahayd, gal **Degelka Xubinta** ee **SilverSneakers.com** oo guji **Profile/Member ID**.

Lambarkayga Aqoonsiga (ID) ee SilverSneakers

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Ku qor lambarkaaga aqoonsiga (ID) goobaha bannaan ee lagu siiyay. Waad jari kartaa ama sawir ayaad ka qaadan kartaa adoo adeegsanaya telefoonkaaga gacanta si aad mar walba u haysato aqoonsigaga (ID).

Xusuusino:



Dhiiranow!

Jeedaali si aad u ogaato wax badan oo ku saabsan SilverSneakers ama booqo **SilverSneakers.com/AboutUs**



Had iyo jeer la hadal dhakhtarkaaga kahor inta aadan bilaabin barnaamijka jimicsiga.

1. Goobaha looga qaybgalo barnaamijka ("PL") ma lahan ama ma maamusho shirkadda Tivity Health, Inc. ama danwadaagtooda. Isticmaalka xarumaha iyo adeegyada PL waxaa xaddidaya xaaladaha iyo shuruudaha xubinnimo ee aasaasiga ah ee PL. Xarumaha iyo adeegyada way ku kala duwan yihiin goobaha looga qaybgalo barnaamijka (PL).
2. Xubinnimada waxaa ku jira casharrada diyaarsanaanta jirka ee macallinku hoggaamiyo ee SilverSneakers. Goobaha qaarkood waxay siiyaan xubnaha casharro dheeraad ah. Casharradu way ku kala duwan yihiin goobaha.
3. Sahanka Xubinta ee Sannadlaha ah ee SilverSneakers 2023

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