

ARE YOU TALKING TO YOUR PATIENTS ABOUT THE BENEFITS OF FITNESS?

Your patient's Medicare Advantage plan may include *SilverSneakers* – the industry leader in helping seniors stay active at no additional cost.

Research shows that keeping fit is the *most effective way* for seniors to improve health, prevent chronic conditions, and enhance quality of life in five key health areas:



Diabetes & A1C Control – Physical activity can help insulin lower blood sugar more effectively, help control weight and boost energy.



Arthritis/Back pain – Exercise can reduce pain and stiffness and help maintain muscle strength in affected joints. Core-strengthening exercises strengthen muscles around the spine.



Heart Disease – Regular exercise can help improve heart health.



Asthma – Exercise can help control the frequency and severity of asthma attacks.



Sense of Well-Being – Physical activity and social connectedness help boost endorphins, reduce stress and improve sleep.

See results of a comparative analysis between SilverSneakers participants and non-participants enrolled in Medicare Advantage plans on the reverse side.

Get your patients started today!

Ask them to go to [SilverSneakers.com](https://www.silversneakers.com) and click CHECK MY ELIGIBILITY



Proven health outcomes with SilverSneakers:

- 68% of diabetes patients reported improved condition
- \$4,633 lower health costs (first year)*
- 21% fewer hospitalizations

SilverSneakers helps meet quality measures for:

HEDIS

- Controlling High Blood Pressure
- Diabetes Care
- Fall Risk
- Flu Vaccinations
- Readmissions
- Acute Hospital Utilization
- ER Utilization

HOS

- Physical Health
- Physical Activity Older Adults
- Mental Health
- Fall Risk Management



SilverSneakers

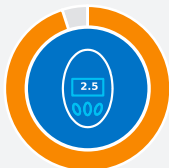
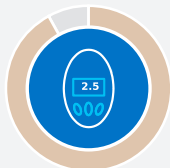
Comparative Analysis of SilverSneakers Participation

MEDICATION ADHERENCE & CARE FOR DIABETICS

p-value < 0.001

● Pre-SilverSneakers Initiation ● Post-SilverSneakers Initiation

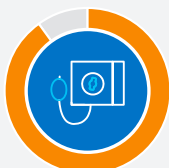
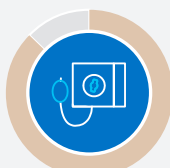
Hemoglobin A1c Testing



92%

95%

Hypertension Medication



87%

90%

Cholesterol Medication



85%

87%

Eye Exam Performed



46%

54%

TO SEE THE FULL STUDY:



Scan to learn more about this study or visit SilverSneakers.com/Providers

HEALTHCARE EXPENDITURES

p-value < 0.001

16% ↓

\$5,303

\$4,463

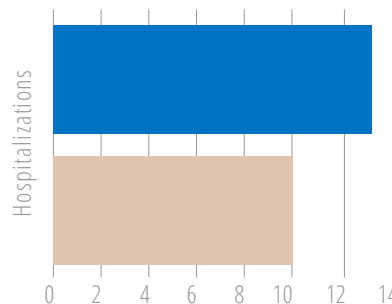
Avg. Healthcare Expenditures

Medicare Advantage Members

SilverSneakers Members

HOSPITALIZATIONS

p-value < 0.001



12.7

Pre-SilverSneakers Activity

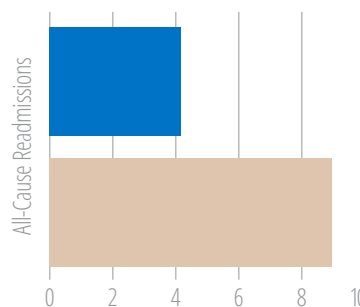
10.0

Post-SilverSneakers Enrollment*

The mean number of **hospital stays declined significantly** from nearly 13 stays per 100 patient years to 10.

ALL-CAUSE 30-DAY READMISSIONS

p-values < 0.01



4.7% | 5★

SilverSneakers Participant

9.1% | 3★

MA Non-Participant

All-cause readmissions are a triple weighted Stars measure. **SilverSneakers participants performed significantly better** compared to MA non-participants.