



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 health plan includes this benefit, you have access to:

- A nationwide network of participating gym and community locations³, at no additional cost - enroll in as many as you'd like
- Group activities and classes⁴ offered outside the gym
- SilverSneakers LIVE online classes and workshops led by specially trained instructors offered 7 days a week, morning, afternoon and evening
- SilverSneakers On-Demand 200+ online workout videos available 24/7
- SilverSneakers GO mobile app with adjustable workout plans and more
- Burnalong® access with a supportive virtual community and thousands of classes for all interests and abilities

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



"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



Stay active with SilverSneakers.
Find out if you have the benefit.

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



1-888-423-4632 (TTY: 711) Monday – Friday, 8 a.m. – 8 p.m. ET

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>
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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.
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.