



Use your SilverSneakers
benefit today!



Find out if you're eligible.

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

**TAKE ADVANTAGE
OF WHAT WE HAVE FOR
SILVERSNEAKERS MEMBERS!^{1,2}**

**Always talk with your doctor before starting
an exercise program.**

1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
2. 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.

SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. SilverSneakers On-Demand and SilverSneakers GO are trademarks of Tivity Health, Inc. © 2020 Tivity Health, Inc. All rights reserved. B2BPL8907_0220

**SILVERSNEAKERS
OFFERED HERE**





What is SilverSneakers and what do I get?

SilverSneakers® is a fitness benefit included with 60+ Medicare Advantage health plans.

SilverSneakers members have access to a basic membership at this location.

Visit [SilverSneakers.com/Check](https://www.silversneakers.com/Check) to see if your health plan includes SilverSneakers.

What if I have questions about using this participating location?

Friendly staff will provide:

- help with enrollment
- tours with information
- guidance on what to wear — comfortable, breathable clothing with well-fitting, closed-toe shoes

Are there online resources?

- View tips and SilverSneakers On-Demand™ workout videos.
- Follow along with adjustable workouts on the SilverSneakers GO™ fitness app.
- Also check out SilverSneakers Facebook, eNewsletter and blog.