

## What is SilverSneakers?



SilverSneakers is an overall wellness program that helps you improve your health and live the life you want.

## How does SilverSneakers work?



SilverSneakers is offered to Medicare-eligible and group retiree members of participating health plans. In some plans, it's offered **at little or no additional cost**. Call the number on your health plan ID to learn more.

## What do I get with SilverSneakers?



Whether you're a beginner or a seasoned pro ready for the next challenge, SilverSneakers offers a variety of options for all fitness levels and abilities. SilverSneakers gives you access to exercise equipment\*, classes\* and fun social activities at thousands of locations<sup>†</sup> nationwide.

## What locations may I use?



Use any of 13,000+ SilverSneakers locations nationwide as often as you want! Try traditional fitness centers, community centers, parks and more. Visit [silversneakers.com](http://silversneakers.com) to search by ZIP code, or call 1-888-423-4632.

## What are the SilverSneakers classes?



Six signature SilverSneakers classes, available in select locations, are geared toward varying fitness levels and interests. SilverSneakers FLEX™ classes offer additional options, and for more challenging classes, try Healthways BOOM®.

## Are the classes safe?



Yes, SilverSneakers classes are specifically designed for varying intensity levels and needs. They are led by certified instructors trained specifically in teaching adult fitness. (Class modifications are available for all levels and abilities.)

## What if I already have a fitness membership?



If your current membership is at a SilverSneakers location and you're eligible for SilverSneakers through your health plan, you should request your membership to be "frozen." Just talk to the staff at your current location.

## How do I enroll?



- 1 Search for a SilverSneakers location by ZIP code at [silversneakers.com](http://silversneakers.com).
- 2 Take your SilverSneakers card or personal member ID number to any location. (Visit [silversneakers.com/card](http://silversneakers.com/card) if you need to print your card or write down your member ID number.)
- 3 Tell the front desk staff you want to enroll, and ask for a tour.

## Should I see a doctor before I enroll?



If you're new to fitness, you should talk to your doctor before starting any exercise program.

## What should I wear?



For working out, wear comfortable clothing and well-fitting athletic shoes.

## Are locations handicap accessible?



Most locations are wheelchair accessible. However, we cannot guarantee full handicap accessibility. Call the participating location you're interested in and ask them if they are handicap accessible.



**See if you're eligible!**

**Visit [silversneakers.com](http://silversneakers.com)** or call  
1-888-423-4632 (TTY: 711), Monday through  
Friday, 8 a.m. to 8 p.m. ET.

\*Classes and amenities vary by location. Classes not offered at all locations. †At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound.

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