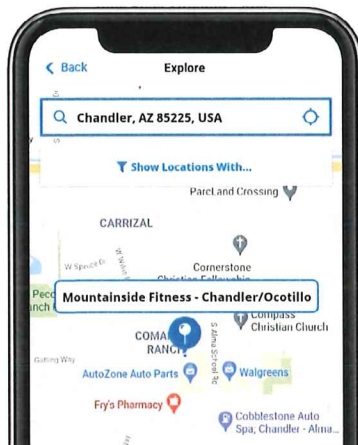
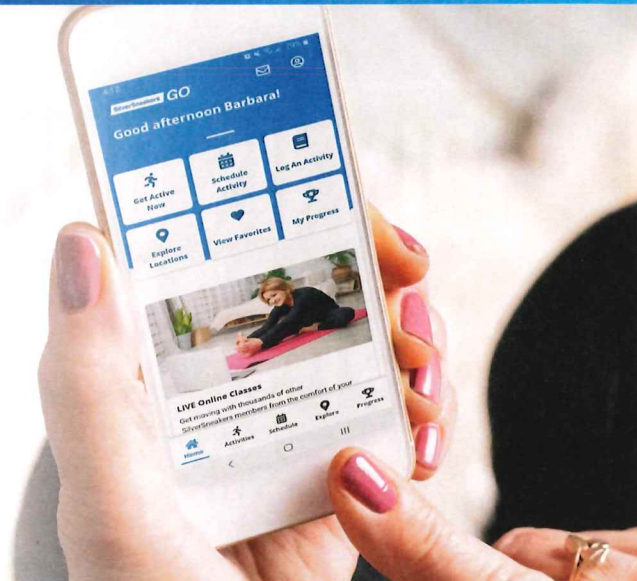


SilverSneakers®

GO™

Getting active just got easier with SilverSneakers® GO™, your one-stop shop for SilverSneakers



Reach your goals with the accountability you've always wanted.



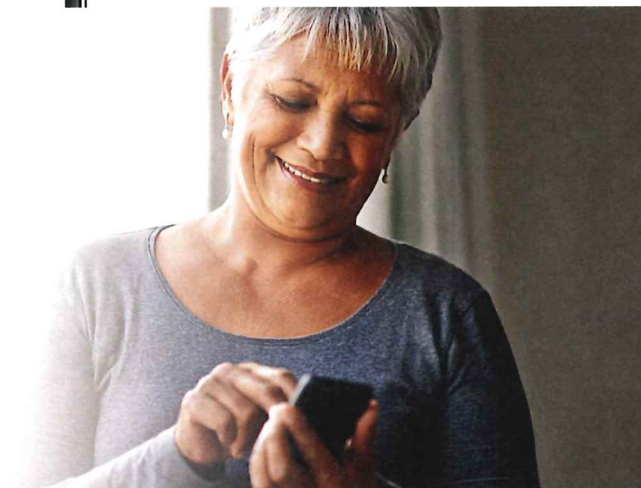
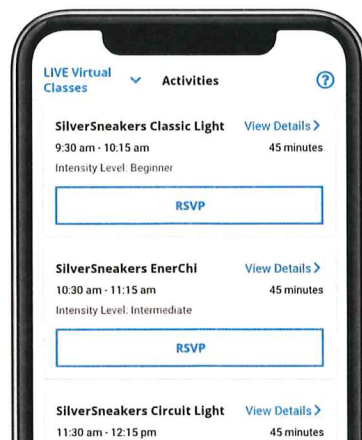
Find everything you need in one place: your member ID, SilverSneakers locations and more!



Access a library of on-demand workout programs and videos.



Schedule live digital classes straight from the app.



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Questions? Contact us
888-881-7776
Support@SilverSneakers.com





JOIN US ONLINE THURSDAY

for a SilverSneakers® NEW
MEMBER ORIENTATION

Thursdays, 3:30 p.m. to 4:15 p.m. ET

Are you ready to make moves? During New Member orientation, you'll learn where to find your ID number, find fitness locations¹, plus how to access SilverSneakers LIVE, SilverSneakers On-Demand and Buralong classes and workshops. Discover what other members enjoy most about the program and get answers to any questions you may have live.



**Get started and activate
your account at**

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

Always talk with your doctor before starting an exercise program.

1. 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.

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CONNECT. EXERCISE. LEARN.

Included in your health plan
AT NO ADDITIONAL COST!



SilverSneakers® is more than a traditional fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Activate your free online account to access:

- Thousands of gym and community fitness locations nationwide a (visit as many as you like)¹
- Trained instructors and classes for all skill levels²
- At-home workouts with SilverSneakers LIVE online classes, available 7 days a week, morning, afternoon and evening
- SilverSneakers On-Demand videos whenever you want, and so much more!
- Burnalong® access with a supportive virtual community and thousands of classes for all interests and abilities



GetSetUp

GetSetUp is now a part of SilverSneakers, giving you access to:

- A variety of live online classes in cooking, food & nutrition, brain health, and more!³
- Fun, easy-to-follow interactive classes with your peers, led by your peers
- Classes available 24/7, even holidays, with new classes added daily⁴



Create your free online account at [SilverSneakers.com/2023Member](https://www.silversneakers.com/2023Member)

START WITH SILVERSNEAKERS TO ACCESS A HEALTHIER YOU AND GETSETUP

Create your **FREE** online account with SilverSneakers
to view all the programs included in your membership.



If you're new to SilverSneakers, go to **SilverSneakers.com/StartHere** and follow the simple steps.



If you're already a member, log in at **SilverSneakers.com** and click **Profile/Member ID**.

My SilverSneakers **ID number**

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Write your ID number in the spaces provided. You can either cut this out or take a photo with your phone so you always have your ID with you.

Notes:

Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
3. GetSetUp is a third-party provider and is not owned or operated by Tivity Health, Inc. ("Tivity") or its affiliates. Users must have internet service to access GetSetUp service. Internet service charges are responsibility of user.
4. Charges may apply for access to certain GetSetUp classes or functionality.

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