

# MOVE HOW YOU WANT, WHEN YOU WANT WITH SILVER Sneakers



SilverSneakers® is more than a traditional fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's included **at no additional cost** in your health plan.

With SilverSneakers, you're free to move in the ways that work for you.

## In the gym

- Thousands of participating locations<sup>1</sup> nationwide with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes<sup>2</sup> designed for all levels and abilities

## At home or on the go

- SilverSneakers LIVE online classes and workshops led by specially trained instructors, 7 days a week
- SilverSneakers On-Demand videos available 24/7
- SilverSneakers GO mobile app with personalized program resources, adjustable workout plans and more
- Bernalong® access with a supportive virtual community and thousands of classes for all interests and abilities

## In your community

- Group activities and classes<sup>2</sup> offered outside the gym
- Events including shared meals, holiday celebrations and class socials

**You already have SilverSneakers through your health plan.**

You just need your member ID to get started. See other side for more details.

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

Questions? Call us.

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

Did you know?

**88%**

of members say SilverSneakers has improved their quality of life.<sup>3</sup>



# LET'S GET STARTED



## Get your SilverSneakers Member ID



If you're new to SilverSneakers, go to [SilverSneakers.com/StartHere](https://SilverSneakers.com/StartHere) and follow the simple steps.



If you're already a member, log in to the **Member Portal** at [SilverSneakers.com](https://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:

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### Get inspired!

Scan to learn more about SilverSneakers or visit [SilverSneakers.com/AboutUs](https://SilverSneakers.com/AboutUs)



### 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. 2023 SilverSneakers Annual Member Survey

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