



CONNECT. EXERCISE. LEARN.



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 yours at **no additional cost** when you enroll in **a UVM Health Advantage Plan.**

Activate your free online account to access:

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



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 monthly⁴



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



START WITH SILVERSNEAKERS TO ACCESS A HEALTHIER YOU AND GETSETUP



You can get your SilverSneakers member ID number and start taking advantage of all it offers once you enroll in
[a UVM Health Advantage Plan.](#)

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 the responsibility of the user.
4. Charges may apply for access to certain GetSetUp classes or functionality.

MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal.

Other physicians/providers are available in the MVP Health Care network.

MVP Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al

1-844-946-8010 (TTY 711).

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