YOUR PRESCRIPTION FOR FITNESS

Get active and make new friends with a fitness benefit included in many Medicare Advantage plans and select Medicare Supplement plans.

With SilverSneakers®, you have access to:

- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers On-Demand[™] classes available 24/7
- SilverSneakers GO[™] mobile app with adjustable workout plans and more
- thousands of participating locations¹ nationwide
- specialized classes² for all fitness levels, led by instructors trained in senior fitness

Choose exercises that support your own fitness goals, whether they're to lose weight, improve balance or gain functional strength.

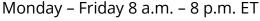
Recommended exercises:

- A mix of moderate and vigorous aerobic activity every week equaling 150 minutes *Examples:* SilverSneakers Classic, Circuit, dance or Boom classes
- Exercises to improve balance and coordination at least 2 days a week
 Examples: On-Demand Fall Prevention Program, SilverSneakers Group Exercise Classes, On-Demand Stress Management Education Program, SilverSneakers GO Strength Program
- □ Strength exercises 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) *Examples: SilverSneakers Classic, Circuit or yoga classes*

To see a full list of locations, visit

SilverSneakers.com/FitnessRX

Questions? Call 1-888-423-4632 (TTY: 711)





All you need to get started is your SilverSneakers member ID number. Follow the instructions on the card to get it, and write it on the card for quick reference. You can cut and fold the card to carry in your wallet.



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

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