



THE KEY TO FEELING YOUR BEST

Get SilverSneakers® at **no additional cost** when you enroll in **MVP Health Care®**.



FITNESS MEMBERSHIPS

Thousands of popular locations¹ – go to as many different locations as you like!



CLASSES

Classes² for all levels and abilities led by instructors who specialize in senior fitness



ONLINE RESOURCES

Fitness location directory, health and nutrition tips, and SilverSneakers On-Demand™ video workouts



NEW MOBILE APP

SilverSneakers GO™ mobile app gives you adjustable workout plans, location finder and more

Choose a health plan that has you in mind.

Call **1-800-324-3899** (TTY: **1-800-662-1220**)

Monday - Friday 8 am - 6 pm Eastern Time,
October 1 - March 31, Saturdays, 8 am - 12 pm
joinMVPMedicare.com



(See back for details.)

THE SILVERSNEAKERS EXPERIENCE



NATIONWIDE LOCATIONS

A fitness benefit with access to thousands of locations nationwide¹



SUPPORT

Guidance from dedicated fitness staff



FLEXIBLE ENROLLMENT

The ability to enroll at multiple locations¹ at any time



OPTIONS OUTSIDE THE GYM

50+ types of group activities and classes² offered outside the traditional gym setting



SPECIALIZED CLASSES

Signature SilverSneakers classes² designed for all fitness levels



FUN EVENTS

Social connections through events such as shared meals, holiday celebrations and class socials

It's NEVER too late to begin taking care of oneself. I'm a testament to that! Thank you SilverSneakers for the opportunity to keep up my exercise and positive outlook on life!

– Donna, SilverSneakers member



88%

of participants say SilverSneakers has improved their **quality of life**.³

SilverSneakers.com | 

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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.
3. 2018 SilverSneakers Annual Participant Survey

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

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-946-8010 (TTY: 1-800-662-1220). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-844-946-8010 (TTY:1-800-662-1220)。

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