

Fitness Program – With SilverSneakers®



Staying active and healthy is easier than ever with Independent Health's fitness benefit. All our Medicare Advantage plans include the SilverSneakers® program as part of our Wellness Benefits at no additional cost to you.

SilverSneakers is more than a fitness program. It's an opportunity to take steps to improve your overall fitness, gain confidence and connect with your community. Whether you play tennis, swim laps, lift weights, visit the gym, or enjoy live classes from home, we have you covered.

SilverSneakers Helps You Get Active, at Home or on the Go:

- Thousands of participating fitness locations* nationwide with various amenities. Ability to enroll at multiple locations at any time.
- SilverSneakers LIVE™ virtual classes and workshops throughout the week.
- SilverSneakers On-Demand™ fitness classes available 24/7.
- SilverSneakers GO™ mobile app with adjustable workout plans and more.
- SilverSneakers FLEX® classes, walking groups and workshops near you.
- SilverSneakers classes** designed for all levels and taught by instructors trained in senior fitness.

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How It Works:

1. Visit **SilverSneakers.com/StartHere** to create an online account.
2. Log in to your SilverSneakers account to view your SilverSneakers ID number. Write it down or take a picture - you will need this number when you visit a participating location.
3. You can also enjoy virtual workouts online through your SilverSneakers account.
4. To find a participating location, visit **SilverSneakers.com/Locations**.

Questions?

Contact SilverSneakers at **1-888-423-4632**

Always talk with your doctor before starting an exercise program.



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Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-SNP, HMO-POS and PPO plans. Enrollment in Independent Health depends on contract renewal.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-665-1502 (TTY: 711). Independent Health 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 1-800-665-1502 (TTY: 711). 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 1-800-665-1502 (TTY: 711).

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