

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 classes* are designed for all levels and taught by instructors trained in senior fitness.

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

- Thousands of participating fitness locations** nationwide with various amenities.
- SilverSneakers LIVE™ virtual workshops, On-Demand™ fitness classes 24/7 and GO™ mobile app with adjustable workout plans.
- **NEW!** Burnalong®, a supportive virtual community with thousands of classes for all interests and abilities.
- **NEW!** GetSetUp, with hundreds of interactive, one-hour-or-less online classes, ranging from nutrition to mindfulness and more.***
- **NEW!** SilverSneakers Community gives you options to get active outside at recreation centers, parks and other neighborhood locations.

Visit [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere) to create an online account and log in to view your SilverSneakers ID number. You will need this number when you visit a participating location. To find a participating location, visit [SilverSneakers.com/Locations](https://www.silversneakers.com/Locations).

Questions?

Contact SilverSneakers at **1-888-423-4632**
(TTY: 711) Monday – Friday, 8 a.m. – 8 p.m. ET.

Always talk with your doctor before starting an exercise program.



SilverSneakers is a registered trademark of Tivity Health, Inc. ©2024 Tivity Health, Inc. All rights reserved. *Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. **Participating locations ("PL") not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. ***GetSetUp is a third-party service 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 responsibility of user. Charges may apply for access to certain GetSetUp classes or functionality. 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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