



# GET ACTIVE YOUR WAY WITH SILVERSNEAKERS

SilverSneakers® is more than a fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's included with many Medicare Advantage plans and select Medicare Supplement plans at **no additional cost**.

With SilverSneakers, you're free to move in the ways that work for you.

## At home or on the go

- SilverSneakers On-Demand™ fitness classes available 24/7
- SilverSneakers LIVE™ virtual classes and workshops throughout the week
- SilverSneakers GO™ mobile app with adjustable workout plans and more

## In participating fitness locations

- Thousands of participating locations<sup>1</sup> with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes<sup>2</sup> designed for all levels

## In your community

- Group activities and classes<sup>2</sup> offered outside the gym
- Events including shared meals, holiday celebrations and class socials

**You may already have SilverSneakers.** If your health plan offers it, you just need your member ID to get started. Visit the website below to find out.

Find out if you have SilverSneakers and get started today.

[SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)

Questions? Call us.

1-888-423-4632 (TTY: 711) Monday – Friday 8 a.m. – 8 p.m. ET

### Did you know?

**86%**

of participants say SilverSneakers has improved their quality of life.<sup>3</sup>



SilverSneakers

# HOW TO GET YOUR SILVERSNEAKERS ID



Get active, stay healthy and connect with others like you by participating in SilverSneakers®. You only need your SilverSneakers ID number.

It's easy to get your personal SilverSneakers ID.



If you're new to SilverSneakers, go to **SilverSneakers.com/Eligibility** and follow the simple steps.



If you're already a member, log in to the **Member Portal** and click **Profile / Member ID**.



Download the **SilverSneakers GO™** app. Log in. Click the profile icon (top right). Your ID appears at top of next screen.



Call our Experience Center at **1-888-423-4632** (TTY: 711). Monday – Friday 8 a.m. – 8 p.m. ET.



My SilverSneakers  
**ID number**

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*Write your ID number in the spaces provided.  
You can either cut this out or take a photo with your phone so you always have your ID with you.*

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