

GET ACTIVE YOUR WAY WITH SILVER Sneakers

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 locations¹ with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes² designed for all levels

In your community

- Group activities and classes² offered outside the gym
- Events including shared meals, holiday celebrations and class socials

Did you know?

86%

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

The IU Blue Retiree Medical Plan includes SilverSneakers!

Visit the link below to get started.

[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



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 are 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. 2019 SilverSneakers Annual Participant Survey

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.*

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


SilverSneakers

