



# Feel your best with SilverSneakers.

It's more than a fitness  
program – it's a way of life.

## 86%

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

SilverSneakers® gives you the opportunity to connect with your community, make friends and stay active. Find out what it is, how to get started, and why millions already love it.

What is SilverSneakers?

SilverSneakers is a fitness and lifestyle benefit included with your UnitedHealthcare® health plan at no additional cost.

What does SilverSneakers include?

- Memberships to thousands of fitness locations<sup>1</sup> – visit as many as you wish!
- Group exercise classes<sup>2</sup> designed for all abilities
- Fun activities held outside the gym<sup>2</sup>
- SilverSneakers On-Demand™ online workout videos that feature tips on fitness and nutrition
- SilverSneakers LIVE virtual classes and workshops throughout the week
- SilverSneakers GO™ mobile app with workout programs, location finder and more

**Get your SilverSneakers ID number today. (It only takes 2 minutes!)**

Visit [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere) or call SilverSneakers Customer Service toll-free 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.**

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

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

Consult a health care professional before beginning any exercise program. Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. This information is available for free in other languages.

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