



DO YOU HAVE SILVERSNEAKERS?

1 in 4 Medicare enrollees¹ do.

SilverSneakers® helps seniors live their best lives. Participants experience greater energy, increased strength and improved balance and flexibility. The benefit is included with 60+ Medicare plans.

SilverSneakers includes access to:

- 15,000+ participating locations²
- online health tips and SilverSneakers On-Demand™
- the SilverSneakers GO™ app to easily adjust your workouts and manage your routine

Find out if you have SilverSneakers.

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

1-877-402-6753 (TTY: 711) Monday – Friday 8 a.m. – 8 p.m. ET



<Location information>

1. Tivity Health Data and Analytics, May 2017.

2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. SilverSneakers On-Demand and