

# FIND YOUR PLACE WITH SILVERSNEAKERS

This fitness benefit may help you improve your health and stay independent<sup>1</sup>

Whether you play tennis, swim laps or lift weights, SilverSneakers® has you covered.<sup>2</sup> You have SilverSneakers from **Kaiser Permanente Medicare health plan** at no additional cost. All you need to get started is your SilverSneakers ID number.

With this benefit you now have:

- support from trained instructors<sup>3</sup>
- classes for all fitness levels<sup>3</sup>
- access to basic amenities at 16,000+ participating locations nationwide<sup>2</sup>
- group fitness outside traditional gyms
- SilverSneakers On-Demand™ plus health and nutrition tips
- adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers GO™ app

## 88%

of participants say SilverSneakers has improved their quality of life.<sup>4</sup>

You have SilverSneakers.

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

1-888-423-4632 (TTY: 711)

Monday – Friday 8 a.m. – 8 p.m. ET

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



## 1. Always consult your physician before engaging in an exercise program.

2. 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.

3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer Members additional classes. Classes vary by location.

4. 2017 SilverSneakers Annual Participant Survey

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

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