

Get active with SilverSneakers®.



The fitness program is provided as part of your UnitedHealthcare® plan.



**FITNESS
PROGRAM**

- Visit any of the 14,000+ fitness locations.¹
- Join more than one fitness location at a time for added flexibility.
- Use fitness equipment.²
- Take SilverSneakers group exercise classes.²
- Try SilverSneakers FLEX® classes such as tai chi, yoga and dance for variety. FLEX classes are offered in neighborhood locations outside the traditional gym.²

Start using SilverSneakers to get more active

To learn more, visit silversneakers.com or call SilverSneakers Customer Service toll-free at **1-888-423-4632**, TTY **711**, Monday – Friday, 8 a.m. – 8 p.m. ET.



[<plan sponsor logo>]



¹At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound.

²Classes and amenities vary by location.

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.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premium and/or co-payments/co-insurance may change on January 1 of each year.

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. Please call customer service at the number on the back of your member ID card, TTY 711, 8 a.m. – 8 p.m. local time, 7 days a week.

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