



SilverSneakers helps older adults take greater control of their health through a variety of fitness offerings that engages participants in more frequent strength training, aerobic, and flexibility exercises by providing access to a variety of venues and programming designed specifically for older adults. There are more than 14.5 million people eligible for the SilverSneakers benefit through the nation's leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans. For those members, the benefit is offered at no additional cost.

ABOUT SILVERSNEAKERS

SilverSneakers, by Tivity Health, is the nation's leading community fitness program for older Americans. The program was founded in 1992 and is available to more than 13 million Medicare beneficiaries through many Medicare Advantage plans, Medicare Supplement carriers and group retiree plans. For more information, to check eligibility or enroll, go to silversneakers.com