

Get fit your way™



Healthways SilverSneakers® Fitness program gives you options.

Work out when, where and how you want. Check out all the ways to use SilverSneakers. It's one of your benefits from UnitedHealthcare®.

Work out indoors

- More than 11,000 fitness locations
- All fitness equipment and SilverSneakers classes
- Easy to use with your SilverSneakers ID card

Go outside with FLEX™

- Tai chi, yoga, walking groups and more
- At places you may already go (in many states)
- Online sign-up

Step it up wherever you are

- SilverSneakers Steps® for workouts at home or on the go
- For your lifestyle and fitness level
- Choice of general fitness, strength, walking or yoga kit

Connect online

- Tools to check your health and track your activity
- Fitness advice plus meal plans and healthy recipes
- Support from other SilverSneakers members

Go to the SilverSneakers website or call SilverSneakers to:

- Find fitness locations
- Request your SilverSneakers ID card
- Enroll in FLEX classes
- Order a Steps kit

 siversneakers.com

 **1-888-423-4632 (TTY: 711)**, Monday through Friday, 8 a.m. to 8 p.m. EST

Get started today.





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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.

The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, premium, provider network 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.

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