



SILVERSNEAKERS®

Fitness Program

Step up your health game with SilverSneakers

SilverSneakers is a fitness program that gives you unlimited access to thousands of fitness locations nationwide through your Retiree Group Medicare plan. Membership offers a welcoming community where you can have fun with friends and meet new people — all while enjoying a healthy activity. Plus, it's available at no added cost through your health plan.



Fitness classes designed for all fitness levels and led by certified coaches



Group classes like yoga and dance offered outside the gym setting



Access to SilverSneakers virtual classes and hundreds of online classes

Ready to get started?

- Call **1-888-423-4632** (TTY 711), Monday through Friday, 7 a.m. - 7 p.m. CT, or
- Visit **SilverSneakers.com/StartHere**, or
- Email **support@silversneakers.com**

Always talk with your doctor before starting an exercise program.

Blue Cross[®], Blue Shield[®] and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

SilverSneakers[®] is a wellness program owned and operated by Tivity Health, Inc., an independent company.

Tivity Health and SilverSneakers[®] are registered trademarks or trademarks of Tivity Health, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries.

HMO and PPO plans provided by Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC). PPO plan provided by HCSC Insurance Services Company (HISC). HCSC and HISC are Independent Licensees of the Blue Cross and Blue Shield Association. HCSC and HISC are Medicare Advantage organizations with a Medicare contract. Enrollment in these plans depends on contract renewal.