



SilverSneakers®

More than a fitness program.



SilverSneakers

Feel Your Best With SilverSneakers

SilverSneakers is a program designed with you in mind. Enroll in a Care N' Care HMO or PPO plan to have the opportunity to join, at no extra cost, a group of like-minded people focused on maintaining good health and independence.

SilverSneakers is much more than a fitness program – It's an opportunity to improve your health, gain confidence and connect with your community, at no additional cost. Whether you play tennis, swim laps, lift weights, visit the gym or take live classes from home, SilverSneakers has you covered. With SilverSneakers you have access to:



In participating fitness locations

- A nationwide network of participating locations, with group fitness classes at select locations – enroll in as many as you like, at any time²
- SilverSneakers classes² designed for all levels and taught by instructors trained in senior fitness

GO

At home or on the go

- SilverSneakers LIVE online classes and workshops taught 7 days a week by instructors trained in senior fitness
- SilverSneakers On-Demand library with 200+ online workout videos
- SilverSneakers GO mobile app with digital workout programs



In your community

- SilverSneakers Community Fitness classes, walking groups and workshop at parks, community centers and more²

You can get your SilverSneakers member ID number and start using the program once you enroll in a Care N' Care health plan.

Questions?

Visit [SilverSneakers.com](https://www.silversneakers.com) or call 888-423-4632 (TTY:711) Monday through Friday, 8 a.m. to 8 p.m. CST.

Talk with your doctor before starting a new exercise program.

¹Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

²Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved. Care N' Care Insurance Company, Inc. (Care N' Care) is an HMO and PPO plan with a Medicare contract. Enrollment in Care N' Care depends on contract renewal.