

Fitness Benefit

Feel your best with SilverSneakers!

SilverSneakers® is more than a fitness program. It's an opportunity to improve your health, gain confidence, and connect with your community.



Your fitness benefit includes access to SilverSneakers in a variety of ways at no cost to you. For example, you can:

- ◆ Work out at participating fitness locations
- ◆ Take virtual and on-demand classes
- ◆ Join group activities outside the gym

SilverSneakers offers you many ways to get active, both physically and socially. Activate your membership to find the classes, workshops, and fitness locations that work best for you.

Highlights:

Activating your SilverSneakers membership is easy:

1. Create an online account at SilverSneakers.com/StartHere.
2. Log in to access your SilverSneakers ID number.
3. Try a virtual class or visit a participating facility.

Important:

Always talk to your doctor before starting an exercise program!



Scan this QR Code to
explore classes near you!



Your Healthcare Concierge is here to help you make the most of your benefits. Just call or email for fast, friendly assistance.

888-965-1965 (TTY 711)
conciergeHTA@htanc.com

8 a.m.-8 p.m. | Oct. 1-March 31, 7 Days a Week
April 1-Sept. 30, Monday-Friday

Fitness Benefit

Enhanced Fitness Benefits

The Vitality Plan also includes a \$50 quarterly allowance for fitness-related activities such as personal trainer fees and items such as weights, yoga mats, and wearable fitness tracking devices.

You will receive a fitness flex card loaded with your allowance, which you can use in the NationsBenefits[®] online store or at participating network retailers. You cannot carry any unused amounts of your fitness allowance to the next quarter, and you must use your entire allowance by December 31, 2026.

If you have not received your fitness flex card in the mail, please contact your Healthcare Concierge.



Your Healthcare Concierge is here to help you make the most of your benefits. Just call or email for fast, friendly assistance.

888-965-1965 (TTY 711)
conciergeHTA@htanc.com

8 a.m.–8 p.m. | Oct. 1–March 31, 7 Days a Week
April 1–Sept. 30, Monday–Friday

Participating locations ("PL") not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved.

NationsBenefits is a registered trademark of NationsBenefits, LLC.

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. MULTI-PLAN_26089_C