

## Fitness



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.

### *For Your Benefit*

Activating your SilverSneakers membership is easy:

1. Create an online account at [SilverSneakers.com/StartHere](https://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!



  
**SilverSneakers**<sup>®</sup>

### *We're Here for 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](mailto:conciergeHTA@htanc.com)**

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

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