

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.
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[®]

For Your Benefit



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. © 2024 Tivity Health, Inc. All rights reserved.

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_25216_C