

## Fitness (\$0 copay)

SilverSneakers<sup>®</sup> can help you achieve your best health in mind, body, and spirit.

Whether you play tennis, swim laps, or lift weights, SilverSneakers has you covered. With this complimentary benefit members have access to:

- Trained instructors for support
- Classes<sup>1</sup> for all levels, designed to improve energy levels, strength, balance, flexibility, and endurance
- Thousands of participating locations<sup>2</sup> nationwide
- Online fitness and nutrition tips plus daily workout videos



SilverSneakers can help you live a healthier, more active life. At fitness locations<sup>2</sup> nationwide you can take classes plus use exercise equipment and other amenities. In addition to SilverSneakers classes offered in fitness centers<sup>2</sup>, more than 50 SilverSneakers FLEX<sup>®</sup> options are available in settings outside traditional fitness locations.

SilverSneakers BOOM<sup>™</sup> classes, MIND, MUSCLE and MOVE, offer more intense workouts. SilverSneakers also includes a support network and online resources such as daily exercise videos. All you need to get started is your personal SilverSneakers ID number. Go to [SilverSneakers.com](https://www.silversneakers.com) to learn more about the benefit or call 888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET.

Your Healthcare Concierge can provide more information about this benefit. Call 833-324-3242 (TTY: 711) October 1-March 31, 8 a.m. to 8 p.m. ET, 7 days a week or April 1-September 30, 8 a.m. to 8 p.m. ET Monday-Friday.

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Always talk with your doctor before starting an exercise program.

1. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
2. Participating 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.

HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a Medicare Advantage organization with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal.