



A great way for older adults to get fit their way

UnitedHealthcare® members enrolled in plans that offer SilverSneakers® are automatically eligible for enrollment in SilverSneakers. Some plans offer the benefit at no additional cost, while other plans offer it as an optional rider that can be purchased at a nominal cost.

SilverSneakers gives members choices that other fitness programs don't.

The SilverSneakers benefit includes:

- a basic membership with access to nearly 12,000 fitness locations nationwide, including all basic amenities, guidance from dedicated fitness staff, and low-impact classes designed to improve strength, balance, range of movement and cardiovascular endurance
- SilverSneakers FLEX™, which brings classes such as tai chi, yoga and walking groups to local venues – older-adult living communities, medical campuses, neighborhood parks and other sites
- access to a secure, easy-to-use website where members can find fitness locations and FLEX classes, access fitness articles, download recipes and meal plans, order replacement ID cards and interact with the SilverSneakers online community
- program-related social activities and health education events
- SilverSneakers Steps® for members who can't get to a fitness location, with a choice of general fitness, strength, walking or yoga kit for fitness at home or on the go

Enrolling in SilverSneakers is easy. Eligible members (either no cost members or rider members) just take their SilverSneakers ID card to their closest location and sign up. Members who haven't received their SilverSneakers ID card should call **1-888-423-4632** to request it to be mailed and get their personal SilverSneakers number to use at the fitness location until they receive their card.



Refer UnitedHealthcare members to **silversneakers.com** for additional information and to find their closest SilverSneakers fitness location.



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