



Improve your life with SilverSneakers

Enroll in a Blue Shield Medicare Advantage HMO, PPO, or Medicare Supplement plan and get SilverSneakers[®] at no additional cost.

Have more energy, flexibility, and independence to do what you want.

With SilverSneakers, you will have:

Fitness memberships

Thousands of popular locations² – no need to pick just one

Classes

Classes³ for all levels and abilities led by instructors who specialize in senior fitness

Online resources

Fitness location directory, health and nutrition tips, and SilverSneakers On-Demand[™] video workouts

New mobile app

SilverSneakers GO[™] mobile app gives you adjustable workout plans, location finder, and more

60% of participants say SilverSneakers has helped them make new and valuable friendships.¹

69% of participants say SilverSneakers has helped them discover they can do more than they thought.¹

88% of participants say SilverSneakers has helped them feel healthier.¹

Call your authorized Blue Shield broker to learn more.



Always talk with your doctor before starting an exercise program.

1. 2018 SilverSneakers Annual Participant Survey.
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.
3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

Not available in Blue Shield Vital (HMO) in Los Angeles, Orange, San Bernardino, and Riverside counties.

Blue Shield of California is an HMO and PPO plan with a Medicare contract. Enrollment in Blue Shield of California depends on contract renewal. Blue Shield of California complies with applicable state laws and federal civil rights laws, and does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, or disability.

Blue Shield of California cumple con las leyes estatales y las leyes federales de derechos civiles vigentes, y no discrimina por motivos de raza, color, país de origen, ascendencia, religión, sexo, estado civil, género, identidad de género, orientación sexual, edad ni discapacidad.

Blue Shield of California 遵循適用的州法律和聯邦公民權利法律，並且不以種族、膚色、原國籍、血統、宗教、性別、婚姻狀況、性別認同、性取向、年齡或殘障為由而進行歧視。

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