



BE ACTIVE, STAY HEALTHY WITH SILVERSNEAKERS

Get active and make new friends with a fitness benefit included in many Medicare Advantage plans and select Medicare Supplement plans at no extra cost.

SilverSneakers® includes:



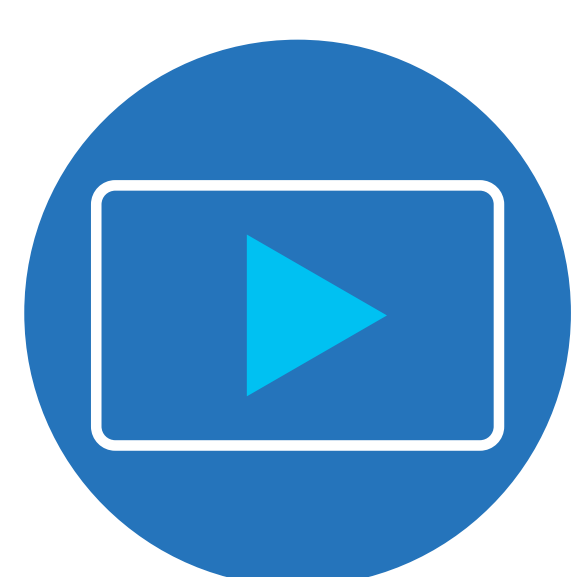
Thousands of participating locations¹ nationwide



Fitness classes² designed for seniors



SilverSneakers LIVE full-length classes and workshops



SilverSneakers On-Demand™ workout videos available 24/7



SilverSneakers GO™ app with fitness programs, LIVE classes, location finder and more

See if you have SilverSneakers.

Visit [SilverSneakers.com/FitnessRX](https://www.SilverSneakers.com/FitnessRX)



Always talk with your doctor before starting an exercise program.

1. 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.

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

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