



Call or visit our Web site today to find out if your health plan offers the SilverSneakers Fitness Program.



Become a **SilverSneakers®** Fitness Program member today!

Your health plan may include SilverSneakers as part of your benefit package. Find out how you can take advantage of all that SilverSneakers offers!

- Basic fitness membership with free access to amenities
- Use of any participating SilverSneakers location
- Optional SilverSneakers classes led by certified instructors
- Health education seminars and fun social events

Visit www.silversneakers.com for more information, or call 1-888-423-4632 (hearing-impaired members call the National Relay Service: 711), Monday through Friday 8 a.m. to 8 p.m. EST to speak with a customer services representative.

The SilverSneakers Fitness Program, a product of Healthways, is the nation's leading exercise program designed exclusively for older adults.

