

Get active with SilverSneakers.®

The fitness program is provided as part of your UnitedHealthcare® plan.



FITNESS
PROGRAM

- Visit any of the 13,000+ fitness locations.¹
- You can join more than one fitness location at a time.
- Use fitness equipment.²
- Take SilverSneakers group exercise classes.²
- Try SilverSneakers FLEX® classes for variety.²

Start using SilverSneakers to get more active today.

To learn more, visit silversneakers.com or call SilverSneakers Customer Service at **1-888-423-4632**, TTY **711**, Monday through Friday, 8 a.m. to 8 p.m. ET.



¹At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound.

²Classes and amenities vary by location.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premium and/or co-payments/co-insurance may change on January 1 of each year.

The SilverSneakers® fitness program is available to you at no additional cost beyond your plan premium in select plans, or as an optional rider that you can purchase at a nominal cost in other plans. (Not all plans in every area offer the benefit or rider.)

Consult a health care professional before beginning any exercise program. Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. This information is available for free in other languages. Please call customer service at the number on the back of your member ID card, TTY 711, 8 a.m. – 8 p.m. local time, 7 days a week.

UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número de teléfono gratuito para miembros que aparece en la tarjeta de ID. 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請撥打您會員卡所列的免付費會員電話號碼。

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