



Stay energized with fitness classes that fit you

Join SilverSneakers at no extra cost

With your Anthem Medicare Advantage plan, it costs you nothing extra to enroll in the SilverSneakers® program.

SilverSneakers offers a variety of classes and workouts for all fitness levels, taught by supportive certified instructors. The classes included in the program are designed to keep you active and feeling your best while improving your strength, balance, and flexibility.

Whether you prefer to join a virtual class from home, or an in-person class at one of the thousands of participating fitness locations nationwide, SilverSneakers has something for you.



Your SilverSneakers membership includes access to:

- **SilverSneakers LIVE** — Work out at home with live virtual classes, including cardio dance, yoga, and strength training.
- **SilverSneakers On-Demand** — Explore a digital library with more than 200 videos you can work out to anytime, 24/7.
- **SilverSneakers GO** — Use this mobile app to find participating locations, access the on-demand library, and get activity alerts to help stay on track with your fitness goals.
- **SilverSneakers Community** — Take part in community classes held in settings outside the gym.



Regular exercise can boost your health, confidence, and mood.

Get moving toward better health and join SilverSneakers today.



Start here by visiting

www.SilverSneakers.com or call **1-855-741-4985**, Monday through Friday, from 8 a.m.–8 p.m. EST.



Already a SilverSneakers member?

Scan this QR code with your phone's camera to activate your SilverSneakers account.

Members should confirm their eligibility and obtain their 16-digit ID number from the vendor's website or app. Members should bring this ID number to a participating location where the front desk staff will assist with the enrollment process.

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