



Get fit your way™

<Member First Name Last Name>  
<Address>  
<Address>  
<City, ST ZIP>

<Member First Name>,  
use this card to access your  
new fitness membership.

## Fitness when, where and how you want it

Work out on your time, the way you want, and where you'd like, <Member First Name>. You can do it with Healthways SilverSneakers® Fitness program, included as one of your benefits with <a **UnitedHealthcare® Medicare Advantage plan**>. SilverSneakers is designed just for people like you. It includes a fitness membership, indoor and outdoor classes, and SilverSneakers Steps® to get fit at home or on the go. Thanks to SilverSneakers and **UnitedHealthcare**, there's truly something for everyone.

Get started today. Stop by your closest fitness location, or visit your personal website for more information: <[firstnamelastname.yoursilversneakers.com](http://firstnamelastname.yoursilversneakers.com)>.



## Your closest fitness locations

### <Marketing City

Coed location name

Address

Phone

Amenities: E, S, P\*, W, SC>

### <Marketing City

Coed location name

Address

Phone

Amenities: E, S, P\*, W, SC>

### <Marketing City

Coed location name

Address

Phone

Amenities: E, S, P\*, W, SC>

### <Marketing City

Coed/women-only location name

Address

Phone

Amenities: E, S, P\*, W, SC>

### Amenities legend:

**E** – exercise equipment      **S** – steam/sauna

**SC** – SilverSneakers classes      **P** – pool

**\*** – seasonal pool      **W** – whirlpool

Locations are updated regularly and may change. Visit [silversneakers.com](http://silversneakers.com) for the latest updates.

## SilverSneakers includes

- **A fitness membership** that allows you to use equipment, take group exercise classes and enjoy fun times with friends at <number of locations> locations (some are for women only)
- **SilverSneakers FLEX™** offered at your favorite neighborhood places, with classes including tai chi, yoga and walking groups
- **SilverSneakers Steps**, to use at home or when you travel, with 4 kits to choose from – general fitness, strength, walking and yoga

Want to find out more? At your own personal website, you can find fitness locations and FLEX classes, see videos of SilverSneakers classes and learn how to use SilverSneakers, FLEX and Steps. Log in now at [<firstnamelastname.yoursilversneakers.com>](http://<firstnamelastname.yoursilversneakers.com>).

### Questions?

Please call **1-888-423-4632** (TTY: 711),  
Monday – Friday, 8 a.m. – 8 p.m. EST.

[facebook.com/silversneakers](http://facebook.com/silversneakers)



HEALTHWAYS  
**SilverSneakers®**  
FITNESS



<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.>

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, premium, provider network and/or co-payments/co-insurance may change on January 1 of each year.

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.

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