

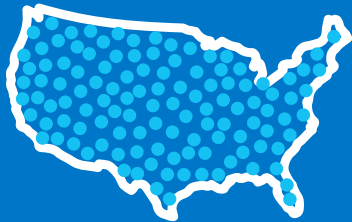


YOUR GUIDE TO SILVERSNEAKERS



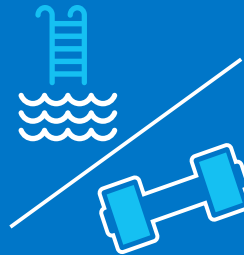
NOT FOR MEMBER DISTRIBUTION

SILVERSNEAKERS GIVES MEMBERS ACCESS



15,000+ locations

With more than 15,000 participating locations across the nation, SilverSneakers® travels with them.



Equipment, pools and more

From weights and machines to group classes led by certified instructors, SilverSneakers has something for everyone at all levels of ability.



Use of multiple locations at once

Every locally-owned gym and nationally recognized fitness center within the network is available to members.

SILVERSNEAKERS GIVES MEMBERS CLASSES



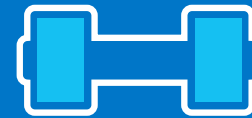
Classes for all fitness levels

With unlimited access to exclusive classes designed specifically for seniors, there's something for every fitness level.



Trained instructors

All SilverSneakers instructors are trained, ensuring members get an effective workout.



SilverSneakers BOOM™

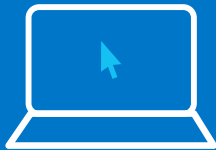
For members who like a challenge, 30-minute BOOM classes offer effective workouts that focus on dance, sports moves, mindful breathing and more to improve strength, flexibility and endurance.



SilverSneakers FLEX®

FLEX classes take workouts to parks, recreations centers, nature trails and more. Members choose from 50+ creative workouts including tai chi, hiking groups, boot camp, yoga and aquatic exercises.

SILVERSNEAKERS GIVES MEMBERS MORE



Online resources at [SilverSneakers.com](https://www.silversneakers.com)

Check out on-demand video workouts, location finder and the SilverSneakers blog.



SilverSneakers Go app

Get adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers Go app.



Connections at [Facebook.com/SilverSneakers](https://www.facebook.com/SilverSneakers)

The friendly and fun-loving SilverSneakers community extends to Facebook too, so members can easily get to know each other better and share stories and photos.

SILVERSNEAKERS GIVES MEMBERS MORE



Free fitness membership

SilverSneakers partners with health plans to offer free gym memberships for seniors. Members have unlimited access¹ to participating locations across the country, and customized classes taught by trained instructors.



College savings for loved ones

Participating location visits can add up to college savings for designated students, thanks to a partnership with CollegeSave².



Access with SilverSneakers ID number

Once enrolled, members receive a 16-digit SilverSneakers ID number which can be used to access any participating fitness center.



Social activities and events

Workout buddies often turn into friends who motivate and inspire each other. Post-workout celebrations and get-togethers are part of the SilverSneakers culture!



The member has enrolled in a participating health plan. **Walk him or her through what to do next.**

Time to get active! Here's how:



Get your ID number at [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere).



Choose participating locations.



Set a date, ask for a tour and get started.

Good to know

- Already a member at a SilverSneakers location? Put that membership on hold and get access through your SilverSneakers benefit.
- Services such as massage and personal training may not be included in the standard membership.

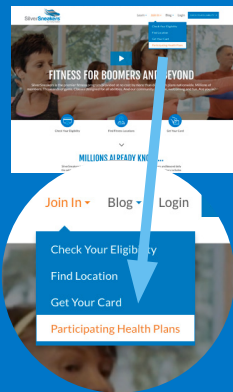


MAKE SILVERSNEAKERS.COM A FAVORITE SITE

Be an expert on top areas of interest.

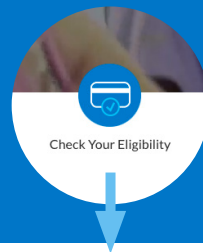
1

“Join In” and choose **“Participating Health Plans”** to see plans by state.



2

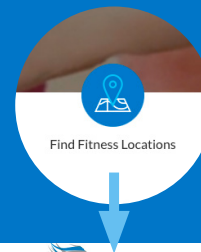
“Check Your Eligibility” and fill in the required fields to verify membership.



* Indicates required field	
<input type="text"/> *First Name	<input type="text"/> Middle Initial
<input type="text"/> *Date Of Birth (MM/DD/YYYY)	<input type="text"/> *Zip Code

3

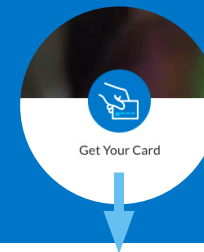
“Find Fitness Locations”: Enter ZIP code to find fitness locations. Narrow the search by classes or amenities.



SilverSneakers by AnyHealth	
<input type="text"/> Enter a city, a ZIP code or a full address	

4

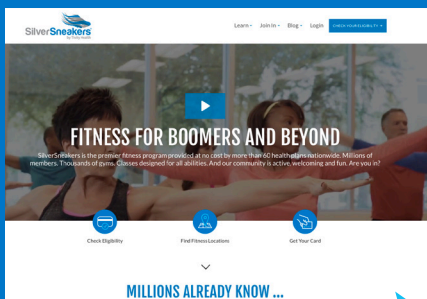
“Get Your Card”: Enter required information to find the member’s ID number. Print the ID card or write down the number.



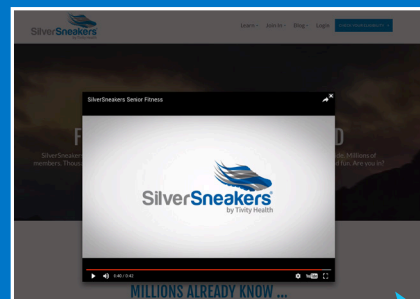
* Indicates required field	
<input type="text"/> *First Name	<input type="text"/> Middle Initial
<input type="text"/> *Date Of Birth (MM/DD/YYYY)	<input type="text"/> *Zip Code

EXTRA POINTS

Urge clients to explore the site on their own.



Point out other features including the introductory video and the “[Learn](#)” and “[Blog](#)” tabs.



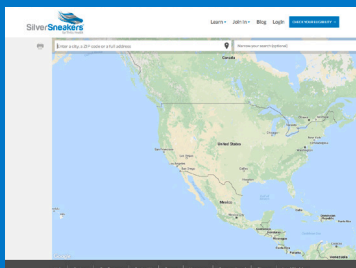
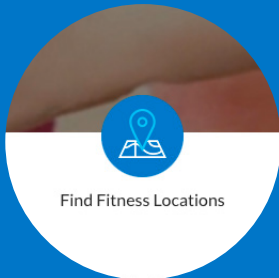
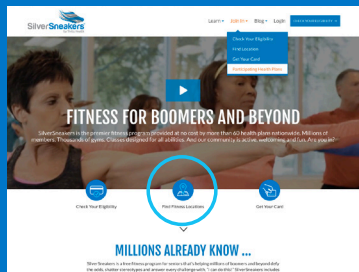
The blog is a great resource for information on exercise, health, nutrition, community and living well.



EXPLORE SILVERSNEAKERS FITNESS LOCATIONS AND CLASSES

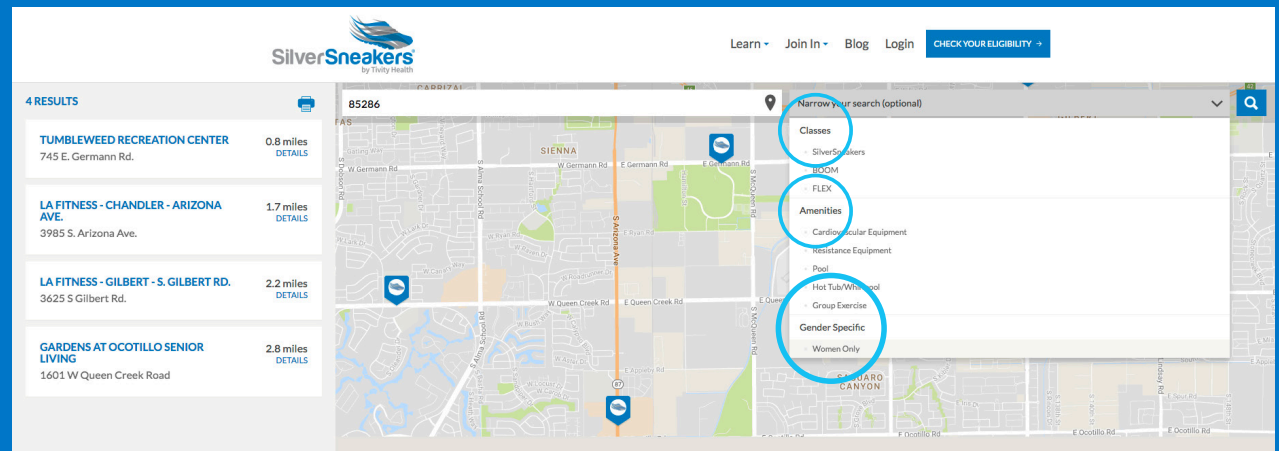
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At **SilverSneakers.com**, click **“Find Fitness Locations”** and enter city, ZIP code or full address.



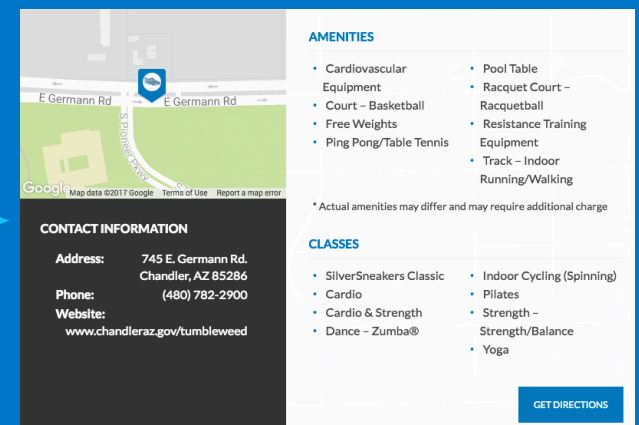
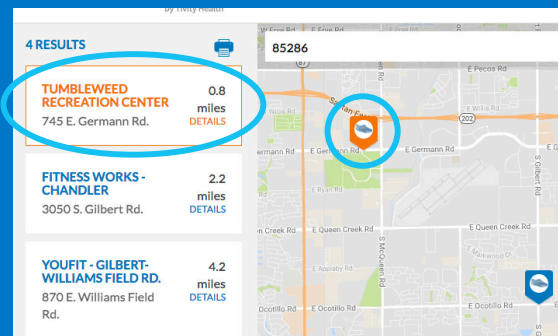
2

Narrow the search by **classes, amenities** and/or **gender-specific**.



3

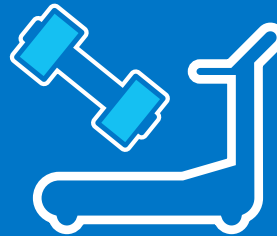
Click on a **specific location for details** or print the list.



TIPS FOR FIRST VISIT



Wear comfortable clothing and shoes.



Consider trying a workout – use equipment or take a class.



Bring water.



FIND US ONLINE



Find out more.
[SilverSneakers.com](https://www.SilverSneakers.com)



Connect with other
SilverSneakers members.
[Facebook.com/SilverSneakers](https://www.Facebook.com/SilverSneakers)



Get fitness tips, nutrition
advice and more.
[SilverSneakers.com/Blog](https://www.SilverSneakers.com/Blog)



SilverSneakers Go app
Get on-the-go content with the
SilverSneakers Go app.



1. Access unlimited as to: (a) the number of times you may visit a participating fitness location ("PL"), (b) the time of day you may visit a PL during normal business hours, (c) the number of different PL's you may visit, (d) your use of the facilities and amenities available for use by PL members holding a basic membership, and (e) the number of times you can attend a group fitness class at a PL led by a trained SilverSneakers fitness instructor.

2. See CollegeSave Membership Terms and Conditions on the program membership portal for additional terms, conditions and restrictions. Students must be admitted to one of the participating colleges on standard admission criteria. Students use the rewards for discounts off full tuition in four equal installments from freshman to senior year of college. The Tuition Discount points may be redeemed for discounts on tuition by colleges participating in the CollegeSave program; colleges sign contracts with the CollegeSave program's college network administrator to honor the tuition discount. Tuition Discount points are not redeemable for cash. Each Tuition Discount point is redeemable for an undergraduate tuition discount at participating colleges valued at \$1.00. All students in the member's extended family are eligible, from birth to the beginning of the junior year of high school; members can name their child, stepchild, niece, nephew, cousin, godchild or grandchild as a beneficiary of the tuition discounts. There is no requirement for students to select the participating college they will attend in advance. Tuition discount points can be combined with other financial aid offered by the participating college.