

June 8, 2020

## The Best Ways to Stay Active at Home



There's no getting around it. The coronavirus has changed our daily lives, especially the way we get active. Exercise is a key part of maintaining a healthy lifestyle and can support a healthy immune system. We encourage you to use your SilverSneakers® benefit to stay active without leaving home.

As a member of Care N' Care (HMO/PPO) Health Plan, you have this fitness benefit and a variety of virtual workouts available to you at **no additional cost**. Click on the links below to find out more.

[SilverSneakers On-Demand](#)

[SilverSneakers Live](#)

[SilverSneakers GO](#)

Always talk with your doctor before starting an exercise program.

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### Questions or Need Assistance?

Contact your Healthcare Concierge by phone or email.



Call: 1-877-374-7993 (TTY 711)



Email: [concierge@cnhealthplan.com](mailto:concierge@cnhealthplan.com)

October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.

