

July 17, 2020

Find Your Fit while staying home



Exercise is a key part of maintaining a healthy lifestyle and can support a healthy immune system. With gyms across the nation closing due to concerns over coronavirus, you may be wondering how you can keep up your fitness routine while stuck at home.

Your health plan has teamed up with SilverSneakers® to help you do just that. SilverSneakers is a fitness benefit included in your health plan at no cost to you.

This new series of SilverSneakers videos will help you start, or continue your fitness journey, and may help increase your strength and balance, and improve your emotional well-being. You can choose between Balance, Beginning Exercise, Emotional Health or Pain Management.

Get more details and sign up for your first video today!

Once you choose a series, you'll receive a new video once a week for four weeks. At the end of each series, you will be enrolled to complete another series. While you wait for each week's video, you can try SilverSneakers On-Demand™.

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

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

