



## Connecting With Others Can Improve Your Health

There is a saying that no man is an island. And for good reason. We need each other. Research shows that interacting with other people can help us live healthier and longer lives.<sup>1</sup>

This holiday season just might be the perfect time to find opportunities to connect. Whether you host or attend a party or other event, social activities can go a long way towards preventing loneliness. But that's not all.

Research shows that social interaction:

- May add years to your life<sup>1</sup>
- May lower your blood pressure<sup>2</sup>
- May preserve memory and lower dementia risk<sup>3</sup>

A few ways to connect:

- Find a fitness family by participating in SilverSneakers® workout classes and workshops, offered in-person and online.

- Go to GetSetUp<sup>4</sup> to access a variety of classes with a focus on making social connections and begin reaping the benefits.
- [Social Connections](#) – A series of classes to help you connect with others
- [Community Connections](#) – Volunteering
- [Facebook Groups](#) – How to Find & Join Groups That Interest You

Members of participating health plans have access to GetSetUp at no extra cost<sup>5</sup> as part of your SilverSneakers membership.

SilverSneakers has teamed up with GetSetUp to bring you thousands of fun, easy-to-follow, live online classes created for and taught by older adults, in categories like cooking, technology, art and travel. You'll also enjoy bonus classes exclusively for SilverSneakers.

To register for GetSetUp: Log into your SilverSneakers account with the button below, then click on the “Explore GetSetUp” button.

[GET STARTED](#)

SilverSneakers® is a lifestyle and fitness benefit designed specifically for seniors, and is included with your Care N’ Care (HMO/PPO) plan at no additional cost. Check out articles from SilverSneakers like [5 Ways to Strengthen Your Social Connections.](#)

SilverSneakers is more than a fitness program – it’s a way of life. You’re sure to find something to fit your level, from SilverSneakers Classic, with seated options, to high-intensity Total Body Strength. With SilverSneakers, you get access to:

- memberships to thousands of fitness locations<sup>6</sup> (visit as many as you like)
- group exercise classes<sup>7</sup> designed for all abilities
- instructors trained in senior fitness
- fun activities held outside the gym
- [SilverSneakers On-Demand](#) online workout videos for at-home workouts, available 24/7
- [SilverSneakers LIVE](#) full-length classes and workshops (exercise with others, but from the comfort of home)
- SilverSneakers GO mobile app with workout programs, location finder and more

Go to [SilverSneakers.com/GetStarted](https://SilverSneakers.com/GetStarted) to get your SilverSneakers ID number today.

Always talk with your doctor before starting any exercise program.

1. Pantell M, Rehkopf D, Jutte D, Syme SL, Balmes J, Adler N. Social isolation: a predictor of mortality comparable to traditional clinical risk factors. *Am J Public Health.* 2013

Nov;103(11):2056-62. doi: 10.2105/AJPH.2013.301261. Epub 2013 Sep 12. PMID: 24028260; PMCID: PMC3871270.

2. Yang YC, Boen C, Mullan Harris K. Social relationships and hypertension in late life: evidence from a nationally representative longitudinal study of older adults. *J Aging Health.* 2015 Apr;27(3):403-31. doi: 10.1177/0898264314551172. Epub 2014 Sep 23. PMID: 25253728; PMCID: PMC4368483.
3. Sommerlad A, Sabia S, Singh-Manoux A, Lewis G, Livingston G (2019) Association of social contact with dementia and cognition: 28-year follow-up of the Whitehall II cohort study. *PLOS Medicine* 16(8): e1002862.
4. GetSetUp is a third-party service provider and is not owned or operated by Tivity Health, Inc. (“Tivity”) or its affiliates. Users must have internet service to access GetSetUp service. Internet service charges are responsibility of user.
5. Charges may apply for access to certain GetSetUp classes or functionality.
6. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
7. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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