



SilverSneakers®: *Included Benefit* More than a fitness program.

Feel Your Best With SilverSneakers

SilverSneakers is much more than a fitness program – it's a way for you to achieve your best health in mind, body and spirit¹.

Visit SilverSneakers.com to get your SilverSneakers number, find the fitness locations near you, and participate in live online classes. This same information is available by calling SilverSneakers at 888-423-4632. Enroll in as many participating locations² as you like and take part in fitness classes³ (at select locations), use amenities and participate in events in your community. Visit SilverSneakers.com to learn more.



Memberships to thousands of fitness locations² – visit as many as you wish!



SilverSneakers LIVE™ virtual classes and workshops. Get moving with other members from the comfort of your home with LIVE virtual classes and workshops directly from the SilverSneakers website.



Classes³ designed for seniors. Whether indoors or outdoors, beginner or experienced, SilverSneakers offers fitness classes fit for everyone



SilverSneakers GO™ mobile app with workout programs, location finder and more



With your Care N' Care plan you have SilverSneakers included, you get all of the location access, virtual classes, workshops, on-demand videos, and perks of membership at no cost.



SilverSneakers On-Demand™ online workout videos that feature tips on fitness and nutrition

Have Questions or Need Assistance? Contact your Customer Experience Team.



1-877-374-7993 (TTY 711) October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.



YourTeam@cnchealthplan.com

¹ Always talk with your doctor before starting an exercise program. ² Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. ³ Membership includes SilverSneakers® instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. SilverSneakers LIVE, SilverSneakers GO and SilverSneakers On-Demand are trademarks of Tivity Health, Inc. © 2022 Tivity Health, Inc. All rights reserved. Care N' Care Insurance is an HMO and PPO plan with a Medicare contract. Enrollment in Care N' Care depends on contract renewal. Y0107_22_122_M



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