



SilverSneakers®: Included Benefit

More than a fitness program

Feel Your Best With SilverSneakers

SilverSneakers is a program designed with you in mind. Enroll in a Care N' Care HMO or PPO plan to have the opportunity to join, at no extra cost, a group of like-minded people focused on maintaining good health and independence.

The SilverSneakers Experience

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



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



Fun activities held outside the gym²



Group exercise classes³ designed for all abilities



Social connections through events such as shared meals, holiday celebrations, and class socials



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



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

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.

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.

