



SilverSneakers®

More than a fitness program.



Feel Your Best With SilverSneakers

SilverSneakers is a program designed with you in mind. Care N' Care (HMO/PPO) members 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!



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

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](https://www.silversneakers.com) to learn more.

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



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



YourTeam@cnhealthplan.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.