



HELP IMPROVE YOUR LIFE WITH SILVER Sneakers

Turning 65? You may be eligible to enroll now in **Kaiser Permanente Medicare health plan** and you get SilverSneakers® at no additional cost.

Have more energy, flexibility and independence to do what you want. With SilverSneakers you will have:

- unlimited access to participating locations
- trained instructors
- classes for all levels and abilities
- health and nutrition tips along with exercise videos

88%

of participants say SilverSneakers has improved their quality of life.¹

Join today,
and SilverSneakers is yours.

Call Member Services at 1-800-476-2167 (TTY 711)

8 a.m. to 8 p.m., seven days a week.

[Kp.org/medicare](https://kp.org/medicare)

[SilverSneakers.com](https://www.silversneakers.com) | 



1. 2017 SilverSneakers Annual Participant Survey

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

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