



GET ACTIVE YOUR WAY WITH SILVERSNEAKERS

SilverSneakers® is more than a fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's yours at **no additional cost** when you enroll in Kaiser Permanente.

With SilverSneakers, you're free to move in the ways that work for you.

In participating fitness locations

- Thousands of participating locations¹ with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes² designed for all levels

In your community

- Group activities and classes² offered outside the gym
- Events including shared meals, holiday celebrations and class socials

At home or on the go

- SilverSneakers LIVE™ virtual classes and workshops throughout the week
- SilverSneakers On-Demand™ fitness classes available 24/7
- SilverSneakers GO™ mobile app with adjustable workout plans and more

You can get your SilverSneakers member ID number and start using the program once you enroll in **Kaiser Permanente**.

Enroll today and get SilverSneakers at no additional cost.

800-476-2167 (TTY: 711)

Call 8 a.m. – 8 p.m., seven days a week.
kp.org/medicare

Did you know?

88%

of participants say SilverSneakers has improved their quality of life.³

Always talk with your doctor before starting an exercise program.

1. 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.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
3. 2021 SilverSneakers Annual Participant Survey

Kaiser Permanente is an HMO, HMO-POS, and PPO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. Call **1-800-476-2167/TTY 711** for more information. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

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