SILVERSNEAKERS®

Live actively with SilverSneakers

Live actively and reach your wellness goals

Access to exercise equipment, fitness classes, social events and more.

- Use thousands of fitness locations nationwide, with certain amenities like weights, swimming, classes and cardio equipment[1,2]
- Make friends and enjoy social activities
- Work toward muscle strength, bone density, flexibility and balance
- Enjoy group fitness classes outside traditional gyms[2]
- Find workout programs that fit your fitness level with the SilverSneakers GO™ app
- Try SilverSneakers On-Demand™ online workout videos that feature tips on fitness and nutrition

Need more reasons?

Visit **SilverSneakers.com/StartHere** to get your SilverSneakers ID number and find a convenient location near you, or call **1-888-423-4632 (TTY: 711)**, Monday – Friday, 8 a.m. – 8 p.m., Eastern time.

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Always consult your physician before engaging in 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.

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This communication doesn't guarantee benefits and doesn't indicate all services received will be covered by your plan. Please refer to your Evidence of Coverage or call Customer Service at the number on the back of your Humana ID card to confirm that SilverSneakers is included in your plan.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion.

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繁體中文 (Chinese): 注意：注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電會員卡上的電話號碼

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