

SilverSneakers Can Help Your Patients Live Life to the Fullest

With the SilverSneakers® fitness program it's easy and affordable for Medicare members to get fit and have fun. SilverSneakers membership is offered at **no charge** to members enrolled in our Medicare Advantage BlueMedicareSM health plans.



SilverSneakers is an innovative wellbeing improvement program that helps older adults stay physically active and socially engaged. The program helps keep members motivated to improve their own health and well-being, not only physically but mentally and emotionally as well.

The program concentrates on improving strength and flexibility, and also provides educational and social opportunities. Locations offer exercise equipment and fitness classes designed specifically for older adults with varying fitness levels and are taught by certified instructors.

The SilverSneakers fitness program is provided by Tivity Health, Inc., an independent company. Their data shows these additional reasons for your patients to join SilverSneakers:

- Participation in SilverSneakers is associated with better physical and emotional health, higher functioning, and lower disability among seniors across many measures.
- Participation can serve to improve quality of life and reduce the burden associated with declining health and functioning as older adults age.
- Participants had significantly fewer inpatient hospital admissions in the second year.

Here's a [provider guide](#) from Tivity with more information about how the program may help your Medicare patients.

You may also be interested in more about SilverSneakers participant outcomes. You'll find details [here](#).

We encourage your Medicare patients to visit silversneakers.com to check their eligibility and find out where they can join. If your patients have a chronic disease or other health condition that might limit activity, advise them accordingly about setting appropriate physical activity goals.

Here's a SilverSneakers [handout](#) your patients may find helpful.

For more information, call SilverSneakers at (866) 584-7523.