SilverSneakers Can Help Your Patients Live Life to the Fullest

It's easy and affordable for Medicare members to get fit and have fun with the SilverSneakers® fitness program. SilverSneakers is available at no additional charge to members enrolled in our Medicare Advantage BlueMedicareSM health plans. In addition, Florida Blue members with a Medicare Supplement plan can join SilverSneakers for a modest program fee.

SilverSneakers is a wellbeing improvement program that helps older adults stay physically active and socially engaged. The program:

- Concentrates on improving strength and flexibility
- Offers fitness classes designed specifically for older adults with varying fitness levels
- Provides educational and social opportunities at more than 16,000 gym locations
- Provides more than 70 types of classes at parks, recreation centers and clubs
- Provides on-demand workout videos for those who prefer exercising at home or when bad weather keeps members home
- Helps keep members motivated to improve their health and well-being—physically, mentally and emotionally
- Is the nation’s leading exercise program for Medicare-eligible adults
- Is provided by Tivity Health, Inc., an independent company

Here’s a provider flier from Tivity with more information about how the program may help your Medicare patients.

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 member handout that your patients may find helpful.

Remember, Florida Blue Medicare members with a Medicare Supplement plan can join SilverSneakers for a modest monthly fee. For fee information and to enroll, members should call our Member Services team at 800-926-6565. TTY users can call 800-955-8770.

For more information about the SilverSneakers program, call 866-584-7523.