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## 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 BlueMedicare<sup>SM</sup>** 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](http://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.