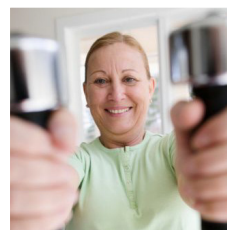
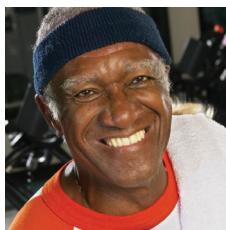


**Regular physical activity is key**  
in helping to control diabetes.  
With Healthways SilverSneakers<sup>®</sup>  
Fitness Program, you have the key!



Physical activity can lower your blood glucose, blood pressure and cholesterol. It also reduces your risk for heart disease and stroke, relieves stress, and strengthens your heart, muscles and bones. In addition, regular activity helps insulin work better, improves your blood circulation and keeps your joints flexible.

– American Diabetes Association

As one of the more than 10.9 million Americans over age 65<sup>1</sup> who live with diabetes, you may be constantly watching what you eat, taking medication and monitoring your blood glucose levels. Did you know that regular physical activity also plays a critical role in helping you control diabetes? It does, and that's why many Medicare health plans and Medicare Supplement carriers offer the SilverSneakers Fitness Program as a benefit. SilverSneakers is the nation's leading physical activity program designed exclusively for people with Medicare.

**By increasing your physical activity level through regular participation in the SilverSneakers Fitness Program, you can have greater control over your diabetes. SilverSneakers provides tools to help you:**

- manage your body weight
- improve your circulation
- lower your blood pressure
- build your strength and flexibility
- increase your energy
- meet others who share your interest in a healthy lifestyle

**Take an active role in managing your health with the SilverSneakers Fitness Program!**



**To learn more about the SilverSneakers Fitness Program, visit [www.silversneakers.com](http://www.silversneakers.com) or call 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. Eastern time.**

**Please check with your doctor before starting SilverSneakers or any exercise program.**

1. American Diabetes Association, [www.diabetes.org/diabetes-basics/diabetes-statistics](http://www.diabetes.org/diabetes-basics/diabetes-statistics), from the National Diabetes Fact Sheet, 2011.

