



FEEL YOUR BEST WITH SILVERSNEAKERS

SilverSneakers® is more than a fitness program, it's a way of life. It gives you the opportunity to connect with your community, make friends and stay active. Find out what it is, how to get started, and why millions already love it.

What is SilverSneakers?

SilverSneakers is a fitness and lifestyle benefit included with your **Medica** health plan **at no additional cost**.

What does SilverSneakers include?

- Memberships to thousands of fitness locations¹ – visit as many as you wish!
- Group exercise classes² designed for all abilities
- Fun activities held outside the gym²
- SilverSneakers On-Demand™ online workout videos that feature tips on fitness and nutrition
- SilverSneakers GO™ mobile app with workout programs, location finder and more

Did you know?

88%

of participants say SilverSneakers has improved their quality of life.³

Get your SilverSneakers ID number today.
(It only takes 2 minutes!)

[SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere)

MEDICA®

SilverSneakers

Questions? We're here to help.

1-877-871-7053 (TTY: 711) Monday – Friday 7 a.m. - 7 p.m. CST

Always talk with your doctor before starting 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.
3. 2018 SilverSneakers Annual Participant Survey

Medica DUAL Solution® is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in Medica DUAL Solution depends on contract renewal.

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