Get active with SilverSneakers®

Check out all the ways to use your fitness benefit. It’s provided for you at no extra cost by Medica DUAL Solution®.

To find fitness locations and SilverSneakers FLEX classes, request your SilverSneakers ID number, or get additional details, visit silversneakers.com or call SilverSneakers Customer Service at 1-877-871-7053 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.

Start using SilverSneakers January 1, 2018!

Work out indoors
- 14,000+ fitness locations*
- all basic amenities and SilverSneakers group exercise classes
- easy enrollment with your SilverSneakers ID number

Experience SilverSneakers FLEX® classes
- tai chi, yoga, walking groups and more
- at local parks, recreation centers and older-adult living communities (in select states)

Connect online
- fitness location and SilverSneakers FLEX class lookup tool
- meal plans and healthy recipes
- resources and inspiration

*At-home kits are offered for members who want to start working out at home or for those who can’t get to a fitness location due to injury, illness or being homebound.

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This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments, coinsurance may change on January 1 of each year.

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