

Great reasons to participate in SilverSneakers



You can start reaching your wellness goals by getting active with the SilverSneakers fitness program.

SilverSneakers® gives you access to exercise equipment, group fitness classes and social events.

- Use 16,000+ fitness locations nationwide, with weights, swimming, classes and cardio equipment.^{1,2}
- Make friends and enjoy social activities.
- Work toward improving muscle strength, bone density, flexibility and balance.
- Enjoy group fitness classes outside traditional gyms.
- Start workout programs tailored to your level with the SilverSneakers GO™ app.

Need more reasons?

Visit www.SilverSneakers.com to find a convenient location near you, or call 1-888-423-4632 (TTY: 711), Monday – Friday, 8 a.m. – 8 p.m., Eastern time.

Humana®

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Always consult your physician before engaging in an exercise program.

¹Participating 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.

²Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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This communication doesn’t guarantee benefits and doesn’t indicate all services received will be covered by your plan. Please refer to your Evidence of Coverage or call Customer Service at the number on the back of your Humana ID card to confirm that SilverSneakers is included in your plan.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-824-8242** (TTY: 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-824-8242** (TTY: 711).

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-824-8242** (TTY :711)。

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