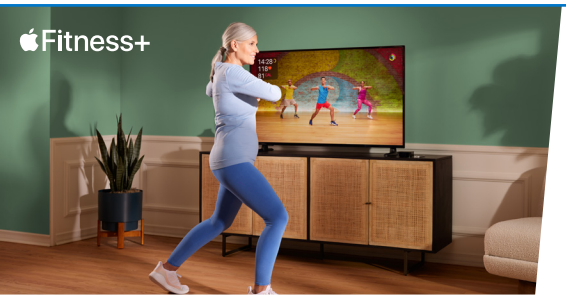
3 WAYS YOUR FITNESS BENEFIT FITS INTO YOUR LIFE

SilverSneakers®

And all are included in your Aetna Medicare Advantage plan, **at no additional cost**

1. SilverSneakers® is more than a fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Create your online membership account to access:

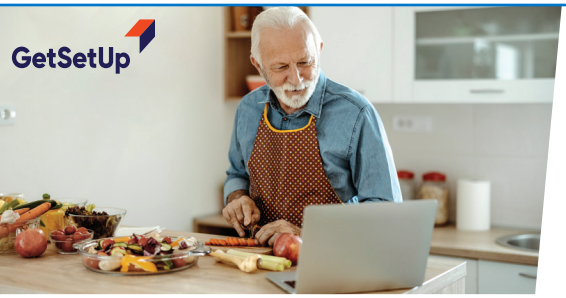
- Thousands of fitness locations nationwide and near you (visit as many as you like)[1]
- Trained instructors and classes for all skill levels[2]
- At-home workouts with SilverSneakers LIVE online classes and SilverSneakers On-Demand videos



2. Apple Fitness+[3] is included in your SilverSneakers membership, at no additional cost.[4] Your Fitness+ subscription includes:

- Workouts ranging from Strength to Yoga, meditations and more, with expert instructors and celebrity guests
- Workout modifications so you can participate at your skill level
- Access to workouts at any time of day, from anywhere

An iPhone is required to activate your Fitness+ subscription.[5]



3. GetSetUp is now a part of SilverSneakers, giving you access to:

- A variety of live online classes in cooking, food & nutrition, brain health, and more[6]
- Fun, easy-to-follow interactive classes with your peers, led by your peers
- Classes available 24/7, even holidays, with new classes added daily[7]

Create free portal account at SilverSneakers.com/StartHere

START WITH SILVERSNEAKERS TO ACCESS APPLE FITNESS+ AND GETSETUP

Create your FREE online account with SilverSneakers to view all the programs included in your membership.

If you're new to SilverSneakers, go to **SilverSneakers.com/StartHere** and follow the simple steps.

If you're already a member, log in at **SilverSneakers.com** and click **Profile/Member ID**.

My SilverSneakers **ID number**

Write your ID number in the spaces provided. You can either cut this out or take a photo with your phone so you always have your ID with you.

Notes:

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. Apple Fitness+ is a third-party service provider and not owned or operated by Tivity Health, Inc. or its affiliates. Users must have internet service to access Apple Fitness+. Internet service charges are responsibility of user.
4. Apple Fitness+ account may be activated at no cost in 3-month increments and can be renewed at no cost every 3 months through the SilverSneakers member account dashboard or SilverSneakers GO app.
5. Apple Fitness+ requires iPhone 8 or later with iOS 16.1 or an Apple Watch Series 3 or later paired with iPhone 6s or later with iOS 14.3 or later. Apple device is not supplied through SilverSneakers nor the health plan.
6. GetSetUp is a third-party provider and is not owned or operated by Tivity Health, Inc. ("Tivity") or its affiliates. Users must have internet service to access GetSetUp service. Internet service charges are responsibility of user.
7. Charges may apply for access to certain GetSetUp classes or functionality.

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See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

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