

HEALTHWAYS

SilverSneakers[®]
FITNESS



What is SilverSneakers?

SilverSneakers is a comprehensive program that improves overall well-being, strength and social aspects. Designed for all levels and abilities, this program is generally provided by your health plan at no additional cost. SilverSneakers provides access to fitness equipment, group exercise classes, social networking, online education and a sense of community. With more than 13,000 locations nationwide, you can visit any one of our locations at any time. If you are new to exercise, don't worry, nearly half of our members had never been to a fitness location before joining SilverSneakers! Remember to wear comfortable shoes and loose-fitting clothing, and bring your member ID card to get started.

- 65 and older? Check with your insurance provider today to see if you qualify!

SilverSneakers Participating Health Plans in IL:

AARP[®] Medicare Supplement Insurance Plan

Aetna Medicare

BlueCross BlueShield of Illinois

Coventry Health Care of Illinois

Coventry Health Care of Missouri

Essence Healthcare

Health Alliance Medicare

Humana

UnitedHealthcare[®]

WellCare

- Visit SilverSneakers.com for more information