Fitness Program – With SilverSneakers®



SilverSneakers is more than a fitness program. It's an opportunity to take steps to improve your overall fitness, gain confidence and connect with your community. Whether you play tennis, swim laps, lift weights, visit the gym or enjoy live classes from home, we have you covered.

SilverSneakers Helps You Get Active, at Home or on the Go:

- A nationwide network of participating gym and community locations* with group fitness classes** at select locations. Enroll in as many as you'd like!
- SilverSneakers LIVE™ online classes and workshops led by specially trained instructors, offered 7 days a week – morning, afternoon and evening.
- SilverSneakers On-Demand™ 300+ online workout videos available 24/7.
- SilverSneakers GO™ mobile app with adjustable workout plans and more.

How It Works:

1. Visit SilverSneakers.com/StartHere to create an online account and log in to view your SilverSneakers ID number.
2. You can also enjoy virtual workouts online through your SilverSneakers account.
3. To find a participating location, visit SilverSneakers.com/Locations.

Always talk with your doctor before starting an exercise program.

SilverSneakers | Independent Health

*Fitness locations are not owned or operated by Tivity Health, Inc. or its affiliates. SilverSneakers membership entitles members to use the fitness location facilities and amenities available to the holder of a basic membership at the fitness locations. Facilities and amenities vary by location. Inclusion of specific fitness facilities is not guaranteed, and fitness facility participation may differ by plan. **Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-SNP, HMO-POS and PPO plans. Enrollment in Independent Health depends on contract renewal. Limitations, copayments, and restrictions may apply. Benefits and/or copayments may change on January 1 of each year. This information is not a complete description of benefits. See Evidence of Coverage for complete details. SilverSneakers is a registered trademark of Tivity Health, Inc. SilverSneakers LIVE, SilverSneakers On-Demand, SilverSneakers GO, SilverSneakers Community and the SilverSneakers simplified flair shoe logotype are trademarks of Tivity Health, Inc. © 2026 Tivity Health, Inc. All rights reserved.

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