SilverSneakers | Humana

Now's Your Time to Move With SilverSneakers



SilverSneakers® is more than a traditional fitness program. It's an opportunity to work towards your health goals, gain confidence and find ways to connect with your community. Plus, it's included **at no additional cost** through your Medicare Advantage plan with **Humana.**

In the gym

- Thousands of participating locations[1] nationwide with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes[2] designed for all levels

In your community

- Group activities and classes[2] offered outside the gym at community centers, parks, and more
- Online classes taught by local instructors

At home or on the go

- SilverSneakers LIVE online classes and workshops led by specially trained instructors, 7 days a week
- SilverSneakers On-Demand videos available 24/7
- SilverSneakers GO mobile app with personalized program resources, adjustable workout plans and more

You already have SilverSneakers through your Humana health plan

SilverSneakers.com/StartHere

Questions? Call us. 1-888-423-4632 (TTY:711) Monday-Friday 8 a.m. - 8 p.m. ET

Let's get started!

Get your SilverSneakers Member ID

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

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

My SilverSneakers ID number

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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:

Get inspired! Scan to find a SilverSneakers location near you.

SilverSneakers.com/Locations

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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

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