



Congratulations on taking this important step toward a healthier lifestyle.

As a Kaiser Permanente Senior Advantage (HMO) or PERA pre-65 member, you can participate in **SilverSneakers® Fitness**. Get stronger, stay focused and connect with others like you.

Getting started is easy.



1. Find your closest SilverSneakers location.



2. Take your SilverSneakers card or personal ID number to the location.



3. Tour the location and start working out at **no extra cost!**

Find your closest SilverSneakers fitness location at silversneakers.com/locations.

Location name: _____

Address: _____

City: _____

Phone: (____) _____

Location amenities

- Exercise equipment
- Whirlpool
- Steam/sauna
- SilverSneakers classes
- Pool (Seasonal)
- Other _____

Your personal SilverSneakers ID number is your ticket to fitness.

If you don't have your card, go to silversneakers.com/card to print a card, or simply write your ID number in the spaces below.



Take your ID number to the location and start getting active!

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silversneakers.com

1-877-658-8289 (TTY: 711) Monday – Friday, 6 a.m. – 6 p.m. MT



Quick facts

SilverSneakers Fitness

- Nationally recognized program for adult fitness
- All fitness levels and abilities
- Access to amenities and signature classes

SilverSneakers locations

- 13,000+ nationwide; members can use any and all, any time
- Fitness equipment, pools, other amenities
- Coed and women-only

SilverSneakers classes

(Not all classes are available at every location.)

- **Classic:** Total-body conditioning with resistance tools
- **Circuit:** Non-impact aerobics and strength work
- **CardioFit:** Low-impact, heart-healthy aerobics
- **Yoga:** Safe movements and breathing exercises
- **Splash:** Fun, refreshing, non-impact water workout

SilverSneakers FLEX™ Community Fitness classes







- In select Kaiser Permanente medical offices, recreation centers, adult-living communities and other neighborhood locations
- Latin dance, tai chi, yoga, walking groups and more
- Led by certified instructors

What you'll need when you visit

- Your SilverSneakers member ID card or number
- Comfortable clothing (ask your location about any dress code)
- Athletic shoes with good support

Benefits of exercise

Regular exercise can help you:

-  reach and maintain a healthy weight
-  improve your heart health
-  strengthen and tone your muscles
-  improve your flexibility and balance
-  expand your social circle
-  improve your overall well-being

“ For peak health, exercise is vitally important. I encourage everyone to take advantage of the SilverSneakers Fitness program.



Marvin B.,
Kaiser Permanente
and SilverSneakers member



Get active with
SilverSneakers now!



Kaiser Permanente is a health plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change on January 1 of each year, and for group members, at other times in accord with your group's contract with us.

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