

Improve your health. Gain confidence. Make connections.

All SummaCare Medicare Advantage plans include a SilverSneakers® membership at no added cost. SilverSneakers is more than a traditional fitness program. It's a way to improve your health and live the life you want—focused on movement, connection and well-being.

Whether you enjoy group fitness classes, sports, using strength and cardio equipment or staying active at home, SilverSneakers gives you the opportunity to improve your health, gain confidence and connect with your community.

Daily habits for a healthier life

Moving more each day—whether it's a walk, a class or doing something you enjoy—can support your overall health. SilverSneakers makes it easy and fun with:

- A nationwide network of participating locations, with group fitness classes at select locations
- SilverSneakers LIVE™ online classes and workshops taught 7 days a week by instructors specially trained in senior fitness
- SilverSneakers On-Demand™ library with 200+ online workout videos including yoga
- Various articles to help you along your journey
- And more!



Already a SummaCare Medicare Advantage member?

Get started now! Activate your online account today at silversneakers.com/starthere.

Want to learn more about SummaCare's Medicare Advantage plans?

Contact a SummaCare Medicare Advantage Advisor at **888.464.8440 (TTY 711)** or visit summacare.com/medicare.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal.

Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. 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.

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