



Great reasons
to participate in
SilverSneakers®

You can start reaching your wellness goals by getting active with the SilverSneakers fitness program.

SilverSneakers gives you access to exercise equipment, group fitness classes and social events.

- Use 14,000+ fitness locations nationwide, with weights, swimming, classes and cardio equipment.*
- Make friends and enjoy social activities.
- Work towards improving muscle strength, bone density, flexibility and balance.
- Go outside with SilverSneakers FLEX®. Try tai chi, yoga, walking groups and more at local parks and recreation centers, where available.

Need more reasons?

Go to **SilverSneakers.com**

Call **1-888-423-4632 (TTY: 711)**, Monday – Friday, 8 a.m. – 8 p.m., Eastern time.

Visit **SilverSneakers.com** to find a convenient location near you.

*Equipment and classes may vary by location.

Humana®



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

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繁體中文 (Chinese): 注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-824-8242 (TTY: 711)**。

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