



STAYING ACTIVE MAY HELP IMPROVE YOUR MENTAL HEALTH AND MOOD

Get the exercise you need with SilverSneakers, a benefit included with many Medicare Advantage plans and select Medicare Supplement plans.

Regular exercise may help you maintain brain health – that is, help keep your thinking, learning and judgment skills sharp.¹ It can also reduce your risk of depression and may help you sleep better.² As well, staying engaged in enjoyable activities is associated with better physical and mental health.³ Participating in SilverSneakers® may help you stay active physically and socially.

SilverSneakers may give participants the power to take control of their health. If your Medicare plan includes this benefit, you have access to:

- SilverSneakers On-Demand™ workout videos available 24/7, including a stress management education and exercise program
- SilverSneakers LIVE virtual classes and workshops throughout the week
- the SilverSneakers GO™ app with workouts, wellness and meditation programs, reminders and more
- thousands of participating locations nationwide, including basic amenities⁴
- classes for all fitness levels⁵ with instructors trained in senior fitness

Find out if you have SilverSneakers.

[SilverSneakers.com/Check](https://www.silversneakers.com/check)

1-888-423-4632 (TTY: 711) Monday – Friday 8 a.m. – 8 p.m. ET



Let SilverSneakers help you improve your mental health and mood.
Find out if you have the benefit.

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I use the gym five days and do boot camp two days a week. I am stronger and healthier [than I was before I started]. My mood is better, I sleep well and my weight remains stable. My day just doesn't feel right if I miss my morning hour at the gym.⁶

– Brenda, SilverSneakers member

1. ncbi.nlm.nih.gov/pubmed/24379659
2. ncbi.nlm.nih.gov/pmc/articles/PMC3317043/
3. cdc.gov/features/social-engagement-aging/
4. 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.
5. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
6. Results vary. Not all participants will achieve these results or benefits.

Always talk with your doctor before starting an exercise program.

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