

Engaging and effective options for active older adults

Medicare health plan patients can get fit their way with SilverSneakers!

Healthways SilverSneakers® Fitness, the nation's leading fitness program for active older adults, offers a variety of ways to help Medicare-eligible individuals be healthier and live life to the fullest.

SilverSneakers includes:

- A fitness membership with access to more than 13,000 locations nationwide (including women-only locations) where participants can use equipment, take group exercise classes and enjoy fun social activities
- SilverSneakers FLEX™ for options outside the traditional fitness location, with classes including tai chi, yoga and walking groups offered by certified instructors at local parks and recreation centers
- SilverSneakers Steps®, which includes a choice of four kits – general fitness, strength, walking and yoga – for use at home or when traveling
- Online resources for finding fitness locations, ordering replacement SilverSneakers ID cards, signing up for FLEX classes and much more

Each eligible Medicare health plan member receives a letter including his or her own SilverSneakers ID card and a personalized URL for accessing the robust SilverSneakers website. The site allows SilverSneakers members to look up fitness locations, enroll in FLEX classes, see videos of SilverSneakers classes, and much more.

For more information on the program, including a list of participating health plans, visit silversneakers.com.

See reverse for more information on the health benefits of exercise through SilverSneakers.



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SilverSneakers and prevention

The impact of regular physical activity

- Increases strength
- Boosts metabolic rate
- Reduces body fat percentage
- Increases bone mineral density
- Improves cognitive function
- Assists with weight management
- Prolongs independence
- Enhances social well-being
- Improves health status
- Enriches quality of life

Primary prevention of diseases and disabilities

Living an active lifestyle has been shown to help older adults reduce their risk of developing chronic conditions. SilverSneakers is designed to address the main areas of disease and disability in the older-adult population.

Type 2 diabetes

Maintaining good health habits is important to helping control type 2 diabetes. Walking, stair climbing, low-impact activities and weight training are some exercises recommended for older adults at risk.

Hypertension

Exercise and diet help manage hypertension. Some exercises recommended for hypertension include brisk walking, moderate aerobic classes and low-impact activities.

Depression

Exercise has been shown to help reduce depression symptoms among individuals with major depressive disorders.

Congestive heart failure (CHF)

Exercise is associated with improved symptoms, exercise capacity and functional well-being in patients with CHF. Better results may be achieved when exercise is combined with peer-group support and health education regarding lifestyle changes.

Osteoporosis

Weight-bearing and resistance exercises such as walking, stair climbing, weight training and other low-impact activities are good for bone health.

Osteoarthritis

Aerobic and resistance exercises, such as walking and weight-training, are effective in reducing pain, improving range of motion and reducing disability.

Participating in SilverSneakers can also help reduce the risk of:

- stroke
- colon cancer
- breast cancer
- heart disease
- falls and related injuries



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