



Talking to your patients about exercise: **The 5 A's**

Use this guide to talk with your Medicare-eligible patients about the importance of physical activity and how SilverSneakers® Fitness can help them get and stay active.

- 1 Ask (1 minute)** **Ask patient about frequency of exercise** (150 minutes/week, strength activities two days/week).
- 2 Advise (1 minute)** **Provide clear advice to encourage patient to begin or increase exercise** (healthy weight, balance and stability).
- 3 Assess (1 minute)** **Assess the willingness of the patient to take action in the next 30 days** (30 minutes/day, five days/week).
- 4 Assist (3+ minutes)** **Suggest problem-solving methods to overcome barriers to exercise** (no cost for SilverSneakers; 42 percent were new to fitness; check eligibility at silversneakers.com).
- 5 Arrange (1 minute)** **Periodically assess frequency of exercise and provide encouragement** (still getting 150 minutes/week plus strength activities two days/week?).

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