Highmark Fitness Benefit:

SilverSneakers®

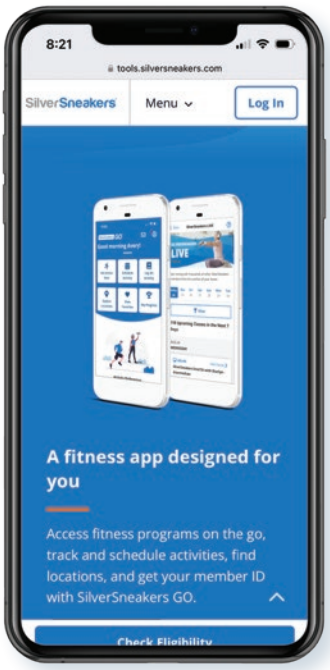
Available to Medicare Advantage members and Medigap members (enrolled in Whole Health Balance), this benefit makes it easy to stay fit and active.

What you get with SilverSneakers:

- **Over 17,000 fitness locations:** SilverSneakers partners with thousands of gyms, community centers, and other facilities across the country.*
- **A variety of classes:** Choose from a large selection of classes designed for all fitness levels.
- **Online resources:** Access to live virtual classes and on-demand workout videos, healthy living tips, and more.
- **SilverSneakers GO mobile app:** Use fitness programs on the go, track and schedule activities, find locations, and view your member ID.

Four steps to use SilverSneakers:

1. **Create an online account.** Visit **SilverSneakers.com** and click **Check Eligibility**, then follow the steps to make an account.
2. **Find a location near you.** On the home page, click **Fitness Locations** to find participating gyms nearby or check that your current gym is in network.
3. **Keep your ID number handy.** In your account, you'll see your 16-digit ID number. If you've used SilverSneakers before (either through Highmark or another health plan), your ID number will be the same. You can download a print or digital version of your card from your account.
4. **Visit your gym.** We recommend you call the gym beforehand to see if you need to make an appointment to set up your membership. Make sure to show your ID number to the front desk staff when you arrive.



HIGHMARK.
Because Life.™

If you need help with any of the steps above, call SilverSneakers at **888-423-4632 (TTY call 711)**, Monday – Friday, 8 a.m. – 8 p.m.



Because Life.™

* 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. Inclusion of specific PLs is not guaranteed and PL participation may differ by health plan.

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Highmark Blue Cross Blue Shield is a Medicare Advantage HMO, PPO, and/or Part D plan with a Medicare contract. Enrollment in these plans depends on contract renewal.

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Pennsylvania, Delaware, West Virginia, and New York: 1-844-679-6930 (TTY: 711)
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