



# GET ACTIVE YOUR WAY WITH SILVERSNEAKERS

SilverSneakers® is more than a fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's yours at **no additional cost** when you enroll in Kaiser Permanente.

With SilverSneakers, you're free to move in the ways that work for you.

## At home or on the go

- SilverSneakers On-Demand™ fitness classes available 24/7
- SilverSneakers LIVE™ virtual classes and workshops throughout the week
- SilverSneakers GO™ mobile app with adjustable workout plans and more

## In participating fitness locations

- Thousands of participating locations<sup>1</sup> with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes<sup>2</sup> designed for all levels

## In your community

- Group activities and classes<sup>2</sup> offered outside the gym
- Events including shared meals, holiday celebrations and class socials

You can get your SilverSneakers member ID number and start using the program once you enroll in **Kaiser Permanente**.

Enroll today and get SilverSneakers at no additional cost.

**1-800-232-4404 (TTY: 711)**

Call 8 a.m. – 8 p.m. ET, seven days a week.  
[kp.org/medicare](http://kp.org/medicare)

### Did you know?

# 86%

of participants say SilverSneakers has improved their quality of life.<sup>3</sup>

