

WHAT IS THE SILVER SNEAKERS FITNESS PROGRAM?

Silver sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events

Unlock the doors to greater independence and a healthier life with Silver Sneakers. Health plans around the country offer our award winning program to people who are eligible for Medicare or to group retirees. Silver Sneakers provides a fitness center membership to any participating location across the country. This great benefit includes:

- Access to conditioning classes, exercise equipment, pool, sauna and other available amenities
- Customized Silver Sneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- Health education seminars and other events that promote the benefits of a healthy lifestyle
- A specially trained Program Advisorsm at the fitness center to introduce you to Silver Sneakers and help you get started
- Member-only access to online support that can help you lose weight, quit smoking or reduce your stress
- Silver Sneakers Steps for members without convenient access to a location. Please call **1-888-423-4632 (TTY: 711)** to find out if your health plan offers Silver Sneakers Steps.

HEALTH PLANS THAT PROVIDE SILVER SNEAKERS

- **AARP MedicareComplete® by UnitedHealthCare**
- **AARP® Medicare Supplement Insurance Plan**
- **Anthem Blue Cross**
- **Arcadian Community Care**
- **Blue Shield of California**
- **Care 1st Health Plan**
- **Humana**
- **SecureHorizons® by UnitedHealthcare**
- **UnitedHealthcare®**

THE PROCESS

- Merced County Retiree
- Age does not matter
- Go to In-Shape Gym on “G” St – **DO NOT** go to In-Shape (Millennium)
 - Bring Drivers License or ID-Card
 - Health Insurance Card from one of the above Health Plans
 - Silver Sneakers Card (if you have one, if not no problem)
 - Tell them you are Retired from Merced County
- In-Shape will sign you up, takes about 5 minutes and they will add you to their membership list. County **DOES NOT** provide a list of any kind.
- **MEMBERSHIP IS FREE**
- In-Shape Representative will present a very brief overview of the above at the June 2015 Luncheon and will set up a separate table for anyone who might wish to register
- For older adults like me this provides the incentive to off my backside and exercise