

Coming Soon!

"SilverSneakers®"

Be healthy, stay independent

And let your health plan provide your fitness membership*

Members of participating Medicare health plans—join the SilverSneakers® Fitness Program to take charge of your own health and well-being!

*To qualify, you must be a Medicare-eligible member of a health plan that offers the SilverSneakers® Fitness Program.

Get fit, have fun make friends with SilverSneakers®

Regular exercise can help you:

- Reduce your risk of cardiovascular disease
- Osteoporosis Prevention - Strengthen your bones and muscles
- Improve your balance to help prevent falls
- Improve mental health and enhance mood



To help get the exercise you need, join SilverSneakers®



SilverSneakers® gives you:

- A basic fitness center membership
- Custom-designed classes and use of equipment
- A Senior Advisor to help you along the way
- Nationwide access to participating locations



Registration for SilverSneakers Online is easy, so get started now!

Go to www.silversneakers.com/member and press the "click Here" button to create a user name and password. Please have your 16 digit health plan ID card available when you begin.

If you experience problems or need assistance, contact customer Service department toll free at 1-888-4632, Monday-Friday 8 am to 8 pm eastern time. If your plan doesn't offer SilverSneakers®, ask when they'll be adding this valuable benefit!

You may also contact John Nall, South Milwaukee Fitness Center Manager at 766-5083 for additional information. You may also visit the SM Fitness Center webpage at www.smfitness.org OR the Rec Dept. webpage at www.smrecept.org for more great information on this wonderful program.

What do I get with a SilverSneakers® membership?

In addition to the benefits of a healthy lifestyle, your membership offers use of the South Milwaukee Fitness Center and Walking Track, plus basic amenities and access to the SilverSneakers® classes. There may be a fee for services not included in a basic membership such as personal training. Once you enroll in a SilverSneakers® participating site, you can visit any SilverSneakers location in the country. Your primary membership will remain at the location where you originally enrolled.