



SILVERSNEAKERS® FITNESS PROGRAM

Get fit the way you want, at your convenience.

Stay fit with Tivity Health's SilverSneakers. Tivity Health is an independent company contracted by Blue Cross and Blue Shield of Nebraska to provide a fitness benefit to our members. This fitness program helps you take greater control of your health through an innovative (and fun!) blend of exercise, health lifestyle, and social activities. SilverSneakers provides fitness memberships to participating providers as well as access to classes designed for older adults – all at no additional cost to you!

SilverSneakers includes:

Fitness club membership – Achieve your health and fitness goals with access to more than 15,000 fitness locations nationwide. This means SilverSneakers follows you when you travel.* You can:

- Use the exercise equipment and other basic amenities like pools and saunas, plus, take SilverSneakers classes. Classes and amenities vary by location
- Receive guidance and assistance from a Program Advisor
- Enjoy fun social activities
- **SilverSneakers Steps Kit**, at-home kits are available for those who can't get to a fitness location due to injury, illness or being homebound

Try **SilverSneakers FLEX®**, which includes:

- Activities at parks, recreation centers and other local venues
- Classes such as dance, tai chi, yoga and walking groups
- Online class/activity locator

Log on to the SilverSneakers member website, where you'll find online resources, including:

- Tools to assess your health and track your activity
- Fitness advice plus meal plans and healthy recipes
- Support from the SilverSneakers online community

To learn more or to find a gym near you, visit www.SilverSneakers.com.



SilverSneakers® is a health and fitness program administered by Tivity Health, Inc., an independent company contracted by Blue Cross and Blue Shield of Nebraska (BCBSNB) to provide a fitness benefit to our members. BCBSNB is a member of the Blue Cross and Blue Shield of Nebraska Association (BCBSNA).