

# Get fit your way™



## Healthways SilverSneakers® Fitness program gives you options.

Work out when, where and how you want – at **no extra cost**. Check out all the ways to use this innovative program offered as one of your benefits from Aetna Medicare.

### Work out indoors

- more than 13,000 fitness locations
- all basic amenities and SilverSneakers group exercise classes
- easy enrollment with your SilverSneakers ID card

### Step it up wherever you are

- SilverSneakers Steps® for at home or on the go
- designed for your lifestyle and fitness level
- choice of general fitness, strength, walking or yoga kit

### Go outside with FLEX™

- tai chi, yoga, walking groups and more
- at local parks, recreation centers and churches (in select states)
- online class locator and enrollment

### Connect online

- tools to assess your health and track your activity
- expert advice plus meal plans and healthy recipes
- support from the SilverSneakers community

To find fitness locations, request your SilverSneakers ID card, enroll in FLEX classes, order a Steps kit or get additional details, visit [silversneakers.com](http://silversneakers.com) or call SilverSneakers Customer Service at **1-888-423-4632 (TTY: 711)**, Monday through Friday, 8 a.m. to 8 p.m. ET.

**Sign up for SilverSneakers today!**

made available through

**aetna®**

HEALTHWAYS  
**SilverSneakers®**  
FITNESS

Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. See Evidence of Coverage for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location.

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