

No matter  
your age,  
live life  
to the  
fullest

[silversneakers.com](http://silversneakers.com)

[vantagemedicare.com](http://vantagemedicare.com)

**VANTAGE**  
HEALTH PLAN

## Talk to your doctor

Regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.<sup>1</sup>

**SilverSneakers®** can help you get the activity you need to experience a healthy lifestyle. **Just ask your doctor!**

## Get active with SilverSneakers

SilverSneakers offers options so you can work out when, where, and how you want. Use fitness equipment, take signature SilverSneakers classes or take SilverSneakers FLEX® classes such as tai chi, yoga and walking groups at local parks, recreation centers and other neighborhood locations.

### Participating in SilverSneakers can help you:

- manage your weight
- increase muscle strength
- improve bone health
- be more flexible
- improve cardiovascular endurance
- keep doing what you enjoy

### Exercise may also help you prevent and/or manage symptoms of conditions such as:

- diabetes
- high blood pressure
- depression
- heart disease
- osteoporosis
- osteoarthritis

**Take this sheet to your next appointment** and talk to your doctor about physical activity and how SilverSneakers can help you **live life to the fullest.**



  
**SilverSneakers®**  
by Tivity Health

1. How Much Physical Activity Do Older Adults Need? Physical Activity is Essential to Healthy Aging. August 2009.  
<http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html>

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## Take this form and talk to your doctor

<b>Patient:</b> Check the box to the right of the benefits you'd like to experience.	✓	<b>Physician:</b> Check the box to the right of the class or activity you recommend for your patient.	✓
Improve my strength, flexibility and balance		Participate in SilverSneakers Classic class; use free weights; take a FLEX tai chi class or join a FLEX walking group	
Increase my cardiovascular and respiratory endurance		Participate in SilverSneakers Circuit class; join a FLEX Latin dance class or hiking group	
Work out safely and effectively to help with my arthritis		Participate in SilverSneakers Classic or Splash class; swim at a fitness location's pool	
Strengthen my muscles and bones without impact because I have osteoporosis		Participate in SilverSneakers Splash class; swim or take water aerobics at a fitness location's pool	
Increase my joint flexibility, improve my muscle tone and relax		Participate in SilverSneakers Yoga; take a FLEX yoga class	

### Additional Physical Activity Instructions from Physician:

For more information about the SilverSneakers fitness program, please visit [silversneakers.com](http://silversneakers.com) or call **1-888-423-4632** (TTY: **711**), Monday through Friday, 8 a.m. to 8 p.m. ET.

Vantage Health Plan, Inc. is a health plan with a Medicare contract. Enrollment in Vantage Health Plan, Inc. depends on contract renewal.

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