

# Get active with SilverSneakers®

Check out all the ways to use your fitness membership. It's provided for you **at no extra cost** by **Vantage Medicare Advantage Plan**.

To find fitness locations, request your SilverSneakers ID number, enroll in SilverSneakers FLEX classes, or get additional details, visit [silversneakers.com](https://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.



## Work out indoors

- 14,000+ fitness locations\*
- all basic amenities and SilverSneakers group exercise classes
- easy enrollment with your SilverSneakers ID number



## Experience SilverSneakers FLEX® classes

- tai chi, yoga, walking groups, and more
- at local parks, recreation centers, and older-adult living communities (in select states)
- optional online sign-up for convenience



## Connect online

- fitness location and SilverSneakers FLEX class lookup tool
- meal plans and healthy recipes
- resources and inspiration

**Start using your  
SilverSneakers  
benefit today!**

**VANTAGE**  
HEALTH PLAN

**SilverSneakers**  
by Tivity Health

\*If you are in need of an at-home kit, please visit [silversneakers.com](https://silversneakers.com) or call SilverSneakers at the phone number listed above.

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