



## Upgraded SilverSneakers® Fitness Program Web site

Check it out! This secure site is open to eligible members of participating health plans.

The SilverSneakers Web site, [www.silversneakers.com](http://www.silversneakers.com), provides a comprehensive, easy-to-use wellness resource. Be part of a thriving and secure member community where you can create exercise and nutrition plans, track your fitness progress, find health articles and recipes, and more.

The member community is available to all members of health plans that include SilverSneakers as part of your benefits. So register today to take advantage of this resource at no additional cost!

Here's how:

1. Go to: [www.silversneakers.com](http://www.silversneakers.com) and select the **Member** page.
2. Ready to start? Select the **Click Here** button to create your username and password.

Once you're registered, you can:

- develop action plans and track your physical activities
- request advice from experts in nutrition, fitness and managing stress
- participate in discussion groups
- find informative health articles, healthy recipes and much more

**An online community – one more way to enjoy SilverSneakers!**

Visit [www.silversneakers.com](http://www.silversneakers.com) today, or call 888-423-4632 for more information.



I enjoy everything about SilverSneakers. We are like family [at our location]; we go early just to talk, laugh and really have fun. We feel 100 percent better when we leave. It just makes our day!

**Gloria Miller**  
SilverSneakers member



SSFP0848 2.10