

SILVERSNEAKERS

Health. Longevity. Connection.

Healthy aging is about taking steps to maintain and improve health, stay connected to friends and family, and engage in activities to support overall well-being. SilverSneakers® by Tivity Health® makes it easy. Our membership provides access to thousands of fitness venues, online fitness classes and workshops, and connection to a supportive, uplifting community.

SilverSneakers is the leading community fitness program for older adults, available to more than 18 million eligible members nationwide. We empower members to improve their health through convenient access to more than 23,000 fitness locations, live and on-demand virtual classes, and community classes at local parks, community centers and senior centers.

SilverSneakers is available at no additional cost to the member through participating Medicare Advantage, Medicare Supplement and group retiree plans.

Proven results

30

Years of evidence-based programming

34%

SilverSneakers is their first fitness membership

96%

Members satisfaction with SilverSneakers

A comprehensive approach

For qualified health plan members, SilverSneakers provides:

- A basic fitness membership¹
- Signature SilverSneakers group fitness classes²
- Health education workshops
- Nationwide access to thousands of fitness locations¹
- Fun social activities and networking
- SilverSneakers LIVE™ online classes and workshops
- SilverSneakers On-Demand™ online workout videos that feature tips on fitness and nutrition
- SilverSneakers GO™ mobile app with workout programs, location finder and more

The benefits of SilverSneakers



Lower Healthcare Costs

According to a 2021 comprehensive scientific study, total average healthcare expenses including medical and pharmacy, was significantly reduced by 16% for SilverSneakers participants compared to non-participating Medicare Advantage members. Medical component of costs was decreased by 26%, driven primarily by reductions in hospitalization costs.³



Social Connections

88% of members say SilverSneakers has improved their quality of life, and 86% say they feel healthier. More than half (52%) say they have made new and valuable friendships by participating in SilverSneakers.⁵



Chronic Condition Improvements

After participating in SilverSneakers, many participants report that their chronic conditions have improved. These conditions include lower back pain (67%), depression (65%), hypertension/high blood pressure (63%), sciatica (62%) and diabetes (61%).⁵



Health Status

95% of participants report “excellent,” “very good,” or “good” health, significantly higher than the national benchmark (75%).^{4,5}



1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
3. Evaluating a Healthy Aging Program's Impact on Health Outcomes in Medicare Advantage Beneficiaries Christie Teigland, PhD, Scott Bilder, PhD, Dayne Slay, BS Published online 2021 September 21.
<https://avalere.com/wp-content/uploads/2021/09/SilverSneakers-Phase-3-Whitepaper.pdf> 2248797/
4. Benchmark Source: CMS Health Outcomes Survey 2020
5. SilverSneakers Annual Member Survey 2021, National Report. Tivity Health Consumer Research. Published online 2021 November
<https://www.tivityhealth.com/wp-content/uploads/2022/02/2021-Annual-Member-Survey-Report.pdf>

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