

# Get active with SilverSneakers® Fitness

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

To find fitness locations, request your SilverSneakers ID number, enroll in FLEX classes 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.



## Work out indoors

- 13,000+ 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 FLEX class lookup tool
- meal plans and healthy recipes
- resources and inspiration

**Start using your SilverSneakers membership today!**

  
LivingWell  
THE UNIVERSITY OF TEXAS SYSTEM

  
HEALTHWAYS  
SilverSneakers®  
FITNESS

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

UT SELECT Health Plan members over the age of 50 who are a Retiree (including working Retirees), a covered spouse of a Retiree or a Surviving Spouse are eligible for SilverSneakers.

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## SilverSneakers defined

### What is the SilverSneakers Fitness program?

SilverSneakers is a comprehensive well-being program that helps adults take greater control of their health through physical activity, education and social interaction. SilverSneakers is available to all retirees covered under our UT SELECT Health Plan, including working retirees, a covered spouse of a retiree or a surviving spouse. The program is offered at no extra cost to the retiree and **includes the following:**

- signature group fitness classes designed to improve strength, flexibility, balance and endurance, led by certified instructors specially trained in older-adult fitness
- a fitness membership with access to 13,000+ fitness locations nationwide
- use of exercise equipment, pools, saunas and other amenities
- SilverSneakers FLEX™ Community Fitness Classes such as tai chi, yoga and Latin dance, offered in neighborhood locations where members may already go (recreation and community centers, adult-living communities, etc.)
- health education seminars and social events
- a Program Advisor® for guidance and assistance
- a member website for information, resources and inspiration

## Fitness membership details

### How long does the SilverSneakers membership last?

The membership lasts for as long as the member belongs to a participating health plan and the health plan continues to offer the program.

### Are there any additional charges from a fitness location?

Services not included in a standard introductory membership (such as tanning or personal training) may cost extra; the member would be responsible for those charges.

### What if the member already has a fitness membership?

1. **If at a SilverSneakers location:** The member should request for the membership to be placed on hold.
2. **If not at a SilverSneakers location:** The member can switch to a SilverSneakers location but would still be responsible for all previous arrangements with the original site.

## Fitness locations

### What fitness locations can SilverSneakers members use?

SilverSneakers members can use any participating fitness location at any time. To find locations by ZIP code, members should visit **silversneakers.com** or call SilverSneakers Customer Service.

### Are SilverSneakers locations handicap accessible?

While Healthways cannot guarantee full handicap accessibility, most locations are wheelchair accessible.

### Will there be a location near each member's home?

Not all fitness locations are SilverSneakers partners. Locations are chosen for geographic accessibility and customer service, particularly in serving eligible adults.

## Enrollment and getting started

### How do eligible health plan members enroll in SilverSneakers?

Eligible plan members need only take their SilverSneakers ID card or 16-digit ID number to the front desk of their selected location. Members can get their ID number at **silversneakers.com** or by calling SilverSneakers Customer Service.

### How long does it take to enroll?

New SilverSneakers members should allow approximately 30 minutes on their first visit. Members who want to tour the location during this visit should call in advance and allow some extra time. Each location provides group or individual tours, usually at enrollment or during their first week as a member. If they plan to work out that day, remind them to bring water and to wear comfortable clothing and shoes.

### Who is the Program Advisor, and what is his or her role?

Program Advisors, employees of the fitness locations, are trained to welcome new members; assist with enrollment, tours and equipment orientation; and make them feel comfortable. Program Advisors are usually available Monday through Friday from 10 a.m. to 2 p.m.

### Will staff be available to show them around and demonstrate how to use the equipment?

Yes. Fitness staff or the Program Advisor can show them how to use the equipment and give them a tour of the location and amenities available to them.

## If members have more questions:

 **silversneakers.com**

 **1-888-423-4632** (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET