



# CONNECT. EXERCISE. LEARN.



**SilverSneakers®** is more than a traditional fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's yours at **no additional cost** when you enroll in an Arkansas Blue Cross and Blue Shield MEDI-PAK Medicare Supplement Insurance Policy.

**Activate your free online account to access:**

- Thousands of gym and community fitness locations nationwide (visit as many as you like)<sup>1</sup>
- Trained instructors and classes for all skill levels<sup>2</sup>
- At-home workouts with SilverSneakers LIVE online classes, available 7 days a week, morning, afternoon and evening
- SilverSneakers On-Demand videos whenever you want, and so much more!



**GetSetUp** is now a part of SilverSneakers, giving you access to:

- A variety of live online classes in cooking, food & nutrition, brain health, and more!<sup>3</sup>
- Fun, easy-to-follow interactive classes with your peers, led by your peers
- Classes available 24/7, even holidays, with new classes added daily<sup>4</sup>



Create your free online account at [SilverSneakers.com/2023Member](https://www.SilverSneakers.com/2023Member)

# START WITH SILVERSNEAKERS TO ACCESS A HEALTHIER YOU AND GETSETUP



**You can get your member ID number and start taking advantage of all SilverSneakers offers once you enroll in an Arkansas Blue Cross and Blue Shield MEDI-PAK Medicare Supplement Insurance Policy.**

## **Always talk with your doctor before starting an exercise program.**

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are 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. GetSetUp is a third-party provider and is not owned or operated by Tivity Health, Inc. ("Tivity") or its affiliates. Users must have internet service to access GetSetUp service. Internet service charges are responsibility of user.
4. Charges may apply for access to certain GetSetUp classes or functionality.