



## **Experience better health with SilverSneakers**

**SilverSneakers® Fitness**, provided through your A&M System Health Plan at no extra cost to you, can help you improve your health and well-being with regular exercise. There are several ways to use your SilverSneakers membership. Choose one or try them all.

- **At fitness locations**  
Your SilverSneakers membership gives you **access to 13,000+ fitness locations\*** across the country, with all basic amenities and SilverSneakers fitness classes designed specifically for active older adults.
- **In places you may already go**  
SilverSneakers FLEX™ classes such as tai chi, yoga, Latin dance and walking groups are offered in parks, recreation centers, older-adult living communities and other neighborhood locations. You can take FLEX classes and still go to SilverSneakers fitness locations.
- **Online**  
The SilverSneakers website allows you to look up fitness locations, find and enroll in FLEX classes, download healthy meal plans and recipes, and interact with the SilverSneakers community.

\* At-home exercise kits are available for SilverSneakers members, including those who have a disability, are recovering from a medical procedure or illness, live in a rural area or experience traffic difficulties and can't make it to a fitness center.

## **Who is Eligible to participate in SilverSneakers?**

Beginning September 1, 2016, SilverSneakers will be available to retirees age 65 and older and their spouses age 65 and older who are enrolled in the A&M Care or 65 PLUS plans.

## **How do I enroll in SilverSneakers?**

Eligible retirees and spouses will be automatically enrolled by a file exchange between BlueCross and BlueShield of Texas and SilverSneakers. Eligible participants will receive information in the mail from SilverSneakers the last week in August that will include participating locations, an ID card, a phone number and a website.

Healthways, SilverSneakers and SilverSneakers FLEX are registered trademarks or trademarks of Healthways, Inc. and/or its subsidiaries. © 2016 Healthways, Inc. All rights reserved.