



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?

SilverSneakers is available to retirees age 65 and older who are enrolled in the A&M Care or 65 Plus plans and their spouses age 65 and older who are enrolled as a dependent.

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 that will include participating locations, an ID card, a phone number and a website.

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