



SILVERSNEAKERS®

Step up your health game with SilverSneakers

SilverSneakers is a fitness program that gives you unlimited access to thousands of fitness locations nationwide. Membership offers a welcoming community where you can have fun with friends and meet new people – all while enjoying a healthy activity. Plus, it's available at no added cost through your health plan¹.



Fitness classes designed for all fitness levels and led by certified coaches



Group classes like yoga and dance offered outside the gym setting



Access to SilverSneakers virtual classes and hundreds of online classes

Ready to get started?

- Call **888-423-4632** (TTY 711), Monday through Friday, 7 a.m. - 7 p.m. CT, or
- Visit **SilverSneakers.com/StartHere**, or
- Email **support@silversneakers.com**

¹ SilverSneakers is available to retirees, including working retirees and survivors, age 65 and older and their spouses, age 65 and older, who are enrolled in the A&M Care or 65 Plus plans.

SilverSneakers is an independent company that has contracted with Blue Cross and Blue Shield of Texas (BCBSTX) to provide health management solutions for members with coverage through BCBSTX. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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