



Get fit your way!

Healthways SilverSneakers® Fitness Program gives you options.

Work out when, where and how you want – at **no extra cost** to you. Check out all the ways to use this innovative program offered as one of your benefits of the Aetna Medicare Advantage plan.

Work out indoors

- more than 11,000 fitness locations
- all basic amenities and SilverSneakers group exercise classes
- easy enrollment with your SilverSneakers ID card

Step it up wherever you are

- SilverSneakers® Steps for at home or on the go
- designed for your lifestyle and fitness level
- choice of general fitness, strength, walking or yoga kit

Go outside with FLEX

- tai chi, yoga, walking groups and more
- at local parks, recreation centers and churches (in select states)
- class locator and enrollment at my.silversneakers.com

Get online support with PACT

- online activity reporting
- personal support network for motivation
- no cost to sign up at my.silversneakers.com

To find fitness locations, request your SilverSneakers ID card, order a Steps kit or get additional details, visit silversneakers.com or call SilverSneakers Customer Service at **1-888-423-4632** (TTY: **711**), Monday through Friday, 8 a.m. to 8 p.m. EST.

Indoors



Outside



Home or On the Go



Online



STAY YOUNGSM

aetna[®]

**Sign up for
SilverSneakers today!**



Aetna Medicare is an HMO/PPO/PDP plan with a Medicare contract. Enrollment in Aetna Medicare depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium, and/or copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Plans are offered by Aetna Life Insurance Company and its affiliates. Not all health services are covered. See Evidence of Coverage for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location. SilverSneakers® is a registered mark of Healthways, Inc. © 2013 Healthways, Inc.