



BlueCross BlueShield
of Texas



SILVERSNEAKERS®

Fitness Program

Step up your health game with SilverSneakers

SilverSneakers is a fitness program that gives you access to thousands of fitness locations nationwide through your group retiree Medicare plan. 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 at no added cost through your health plan.



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 **1-888-423-4632** (TTY 711), Monday through Friday, 7 a.m. - 7 p.m. CT, or
- Visit **[SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)**, or
- Email **support@silversneakers.com**

Always talk with your doctor before starting an exercise program.

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