

Get fit your way™

silversneakers.com



You can do it with Healthways SilverSneakers® Fitness program, one of the benefits you'll receive when you join Highmark.

SilverSneakers allows you to get fit the way you want, at your convenience.

Achieve your health and fitness goals with access to **more than 11,000 fitness locations** where you can:

- use all basic amenities plus take SilverSneakers classes*
- have guidance and assistance from a Program Advisor™
- enjoy fun social activities

Sign up for **SilverSneakers Steps®** if you can't get to a fitness location. Select a fitness kit that you can use at home or on the go:

- general fitness
- walking
- strength
- yoga

Try **SilverSneakers FLEX™**, which includes:

- classes and activities at parks, recreation centers and other local venues
- online class/activity locator and easy sign-up

Enroll in Highmark today and get SilverSneakers!

For more information, please call **1-866-435-6088** (TTY: 711), 8 a.m. to 8 p.m. EST, seven days a week.

*Classes and amenities vary by location.



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