



Healthways SilverSneakers® Fitness Program gives you options.

Work out when, where and how you want – at **no extra cost**. Check out all the ways to use this innovative program offered as one of your benefits from Highmark Health Services.

Work out indoors

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

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

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

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.



STAY YOUNGSM



Get fit your way!

Indoors



Outside



Home or On the Go



Online



**Sign up for
SilverSneakers today!**



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