About SilverSneakers

SilverSneakers is a valuable fitness program available to participating health plan members at little or no additional cost. It provides access to weights, pools, signature classes and MORE at more than 13,000 locations nationwide.

silverneakers.com / tivityhealth.com

2016 Annual Participant Survey

We sent out our annual survey and the results are in… age is just a number. Our members are healthier, happier and more active than ever.

HEALTH

94% of SilverSneakers participants report "Excellent," "Very Good," or "Good" health

90% feel healthier overall

SilverSneakers Participant Healthy Days Average 26.6 (within a 30-day period) versus the National Average of 24.2 Days

IMPACT

97% say SilverSneakers has improved their quality of life

SilverSneakers participants are less likely to score positive for depression compared to 12.4% of national seniors

65% have made new and valuable friendships

PARTICIPATION

72% of participants engage in aerobic activity on 3+ times per week

71% discovered they can do more than they thought possible

31% of participants were not regularly active before enrolling in SilverSneakers

SATISFACTION

88% would recommend SilverSneakers to a friend or relative

84% SilverSneakers Participant Net Promoter Score* The percentage of members who would recommend SilverSneakers to a friend or relative and the percentage who would not recommend it, subtracted to find a net score for SilverSneakers

85% enjoy the fact they can use multiple locations

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