

SILVERSNEAKERS

Finding community through health and fitness

Seniors who adopt a physically active lifestyle may improve their well-being, longevity and independence while reducing their health risks. SilverSneakers® by Tivity Health® is the nation’s leading community fitness program available to more than 18 million eligible Medicare seniors. SilverSneakers empowers members and drives sustainable behavior change through convenient access to our nationwide fitness network, a variety of programming options and activities that incorporate physical well-being and social interaction.

Our engaging and effective programming generates strong return on investment for our clients, making SilverSneakers the smart choice for Medicare Advantage plans, Medicare Supplement insurers and plans with group retirees.

Proven results

30

Years of evidence-based programming



SilverSneakers is their first fitness membership



Members satisfaction with SilverSneakers

A comprehensive approach

For qualified health plan members, SilverSneakers provides:

- A basic fitness membership²
- Signature SilverSneakers group fitness classes²
- Health education workshops
- Nationwide access to thousands of fitness locations¹
- Fun social activities and networking
- SilverSneakers LIVE online classes and workshops
- SilverSneakers On-Demand™ online workout videos that feature tips on fitness and nutrition
- SilverSneakers GO™ mobile app with workout programs, location finder and more

The benefits of SilverSneakers



Lower Healthcare Costs

According to a 2021 comprehensive scientific study, total average healthcare expenses including medical and pharmacy, was significantly reduced by 16% for SilverSneakers participants compared to non-participating Medicare Advantage members. Medical component of costs was decreased by 26%, driven primarily by reductions in hospitalization costs. Use of outpatient care was higher for SilverSneakers members combined with less acute care, indicating better health management among participants compared to non-participants.³



Manage Risk

95% of SilverSneakers participants report “Excellent,” “Very Good,” or “Good” health compared to a National Benchmark of 75%.⁴



Improve Acquisition

65% of participants said SilverSneakers was important in their decision to join their health plan.⁴



Improve Retention

58% of respondents said that if SilverSneakers were no longer available through their health plan, they would likely switch to another plan.⁴



1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
3. Evaluating a Healthy Aging Program's Impact on Health Outcomes in Medicare Advantage Beneficiaries Christie Teigland, PhD, Scott Bilder, PhD, Dayne Slay, BS Published online 2021 September 21.
<https://avalere.com/wp-content/uploads/2021/09/SilverSneakers-Phase-3-Whitepaper.pdf> 2248797/
4. Benchmark Source: CMS Health Outcomes Survey 2020

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