

SilverSneakers® Pulse surveys are designed to understand how our members are experiencing COVID-19 over time as it relates to fitness, nutrition, social connection and technology.

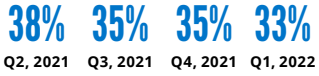
OVERALL IMPACT OF COVID-19

The impact of COVID-19 on members' lifestyles continues to decline.

Inability to visit with friends and family remains top of mind for impacting members' lifestyles.

Most Disruption

Inability to visit with friends and family in person



I haven't experienced disruption



Stress & Anxiety

A similar proportion of members experienced stress compared to the previous quarter.

Experienced Stress

	Pre-COVID-19	Q2 2021	Q3 2021	Q4 2021	Q1 2022
Not at all	36%	41%	47%	40%	44%
Several days	51%	43%	37%	43%	41%
More than half of days	8%	9%	9%	9%	9%
Nearly every day	5%	7%	7%	8%	6%

The proportion of members who have experienced anxiety is substantially lower than in Q4 of 2021.

Experienced Anxiety

	Pre-COVID-19	Q2 2021	Q3 2021	Q4 2021	Q1 2022
Not at all	44%	47%	51%	45%	53%
Several days	44%	38%	34%	39%	34%
More than half of days	8%	8%	10%	10%	8%
Nearly every day	5%	7%	5%	6%	6%

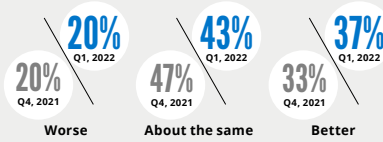
Contributors to stress and anxiety – Q1, 2022

- 38% Concerns about health of friends/family
- 37% Concerns about my health
- 31% Not knowing when things will return to normal
- 30% Limited social interaction
- 29% National economic stability

FITNESS IMPACT

A higher proportion of members continue to report improvement in their physical activity versus those who report a decline.

Level of physical activity versus 3 months ago



Lack of motivation remains the primary driving factor behind physical activity decline.

	Q4, 2021	Q1, 2022
Not motivated to engage in physical activity	44%	48%
Unable to attend in-person classes at the gym	23%	17%
Unable to go to the gym to use their equipment	17%	14%
Trying to limit my time outside due to COVID-19	7%	21%

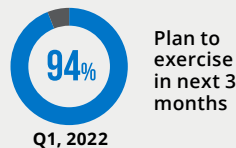
Digital Solution Use & Retention

Nearly 9 in 10 members who have participated in SilverSneakers digital offerings will continue to do so in the future.

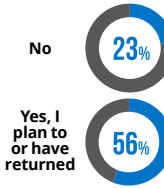
Participated in digital exercise offerings



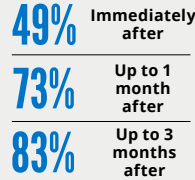
Will continue using digital offerings in addition to gym



Returning to the gym



Once deemed safe and measures are in place, I will return to the gym (Q1, 2022).



Motivating Factors for Gym Return

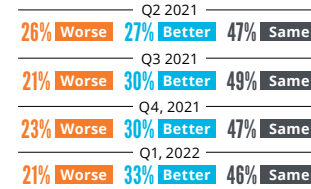
Access to equipment continues to gain in importance as a motivating factor for gym return.

Factors motivating a return to the gym

	Q2, 2021	Q3, 2021	Q4, 2021	Q1, 2022
Having a routine	65%	65%	57%	57%
Access to equipment	49%	53%	53%	55%
Access to group classes	56%	59%	50%	50%
A motivating atmosphere	54%	50%	42%	45%

NUTRITION IMPACT

More members report better eating habits than at anytime during the last four quarters.



Main reasons for eating habits Q1, 2022	
Worse	Better
58% Snacking	73% Eating healthier foods
42% Choosing unhealthy food options	55% Eating more home-cooked meals
39% Eating more than before	44% Eating less than before

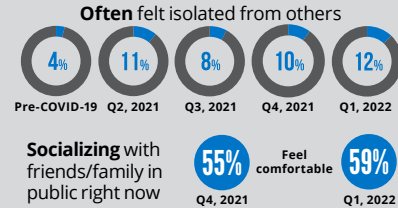
Food insecurity – Past 30 days

Worried food would run out before I had money to buy more

	Q2 2021	Q3 2021	Q4 2021	Q1 2022
Often true	1%	2%	1%	2%
Sometimes true	5%	7%	5%	7%
Never true	92%	90%	89%	88%
Don't know	2%	2%	5%	3%

SOCIAL CONNECTION

A higher proportion of members feel comfortable socializing in public, although feelings of social isolation remain substantially higher than pre-pandemic levels.



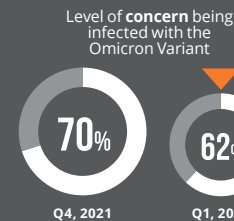
Used Video Calls/Live Streaming

	Q3, 2021	Q4, 2021	Q1, 2022
Socially connecting with friends & family	63%	62%	64%
Meetings (work, clubs, church groups, etc.)	52%	55%	50%
Exercise classes	45%	51%	49%
Medical or therapy appointments	48%	50%	41%
Learning (hobbies, interests, etc.)	35%	38%	39%



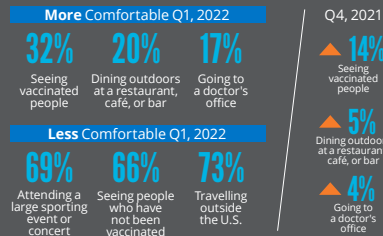
COVID-19 PERCEPTIONS AND ATTITUDES TOWARD OMICRON*

Members remain concerned about Omicron, but this concern has diminished since Q4, 2021.



Members are more comfortable with numerous activities compared to 2 months ago.

Most members remain uncomfortable about travelling abroad, attending large crowded events and seeing unvaccinated people.



Most members believe we will have to live with COVID and deal with future variants as part of the new normal.

