



# GET ACTIVE WITH SILVERSNEAKERS

SilverSneakers® is more than a fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's included **at no additional cost** in your health plan with Insurance Trust for Delta Retirees (ITDR).

With SilverSneakers, you're free to move in the ways that work for you.

## In participating fitness locations

- Thousands of participating locations<sup>1</sup> with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes<sup>2</sup> designed for all levels

## In your community

- Group activities and classes<sup>2</sup> offered outside the gym
- Events including shared meals, holiday celebrations and class socials

## At home or on the go

- SilverSneakers LIVE™ virtual classes and workshops throughout the week
- SilverSneakers On-Demand™ fitness classes available 24/7
- SilverSneakers GO™ mobile app with adjustable workout plans and more

## Did you know?

# 88%

of participants say SilverSneakers has improved their quality of life.<sup>3</sup>

**You already have SilverSneakers through your health plan with ITDR**

You just need your member ID to get started. See other side for more details.

[SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere)



## Get your SilverSneakers Member ID



If you're new to SilverSneakers, go to **SilverSneakers.com/StartHere** and follow the simple steps.



If you're already a member, log in to the **Member Portal** at **SilverSneakers.com** and click **Profile/Member ID**.

### My SilverSneakers ID number

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**Write your ID number in the spaces provided.** You can either cut this out or take a photo with your phone so you always have your ID with you.

Notes:

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### Get inspired!

Scan to learn more about SilverSneakers or visit **SilverSneakers.com/AboutUs**



### Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are 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. 2021 SilverSneakers Annual Participant Survey