

## HOT TOPIC

### KEEP YOUR MEDICARE ADVANTAGE PATIENTS MOVING

#### **SilverSneakers Help Seniors Stay Active**

As you know, SilverSneakers is the leading fitness program for older adults in the U.S. The program gives seniors:

- Free basic memberships nationwide
- Access to fitness equipment, walking tracks, and pools
- Health education and social activities
- Classes at all fitness levels with certified instructors

The latest promotional flyer for SilverSneakers® is now available on the **SilverSneakers Fitness Program** page on the Provider Resource Center (PRC). To access this information, type **SilverSneakers** in the search box on the PRC home page.

We encourage you to talk with your patients about this valuable program.