

Get fit your way™

silversneakers.com

www.healthnet.com



You can do it with Healthways SilverSneakers® Fitness program, one of the benefits you'll receive at no cost when you join Health Net Medicare Supplement plan.

SilverSneakers allows you to get fit the way you want, at your convenience.

Achieve your health and fitness goals with access to **more than 12,000 fitness locations** where you can:

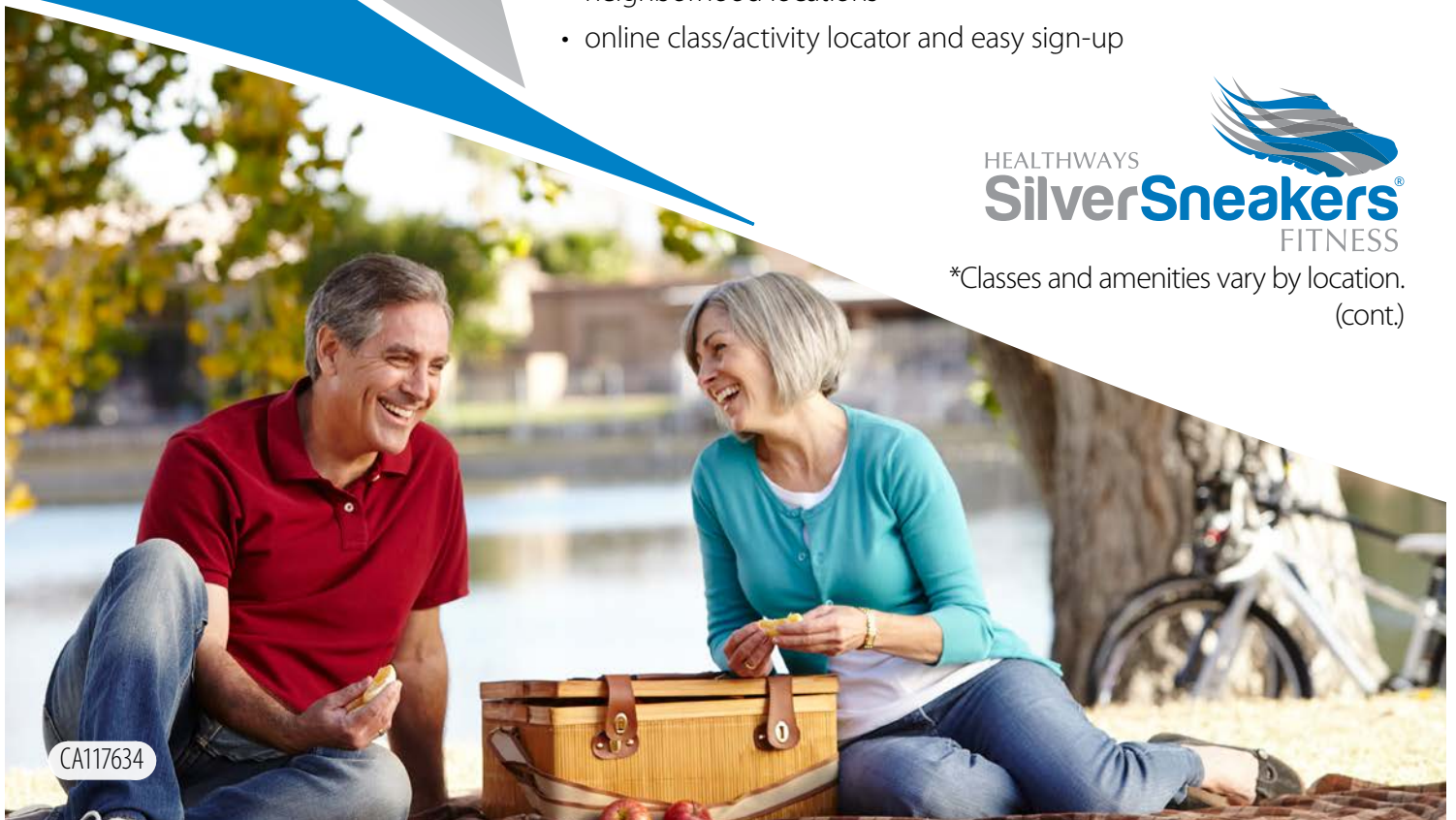
- use amenities such as fitness equipment, pools and saunas*
- take SilverSneakers classes* designed specifically for active older adults and led by certified instructors
- have guidance and assistance from a Program Advisor™
- enjoy fun social activities

Try **SilverSneakers FLEX™**, which includes:

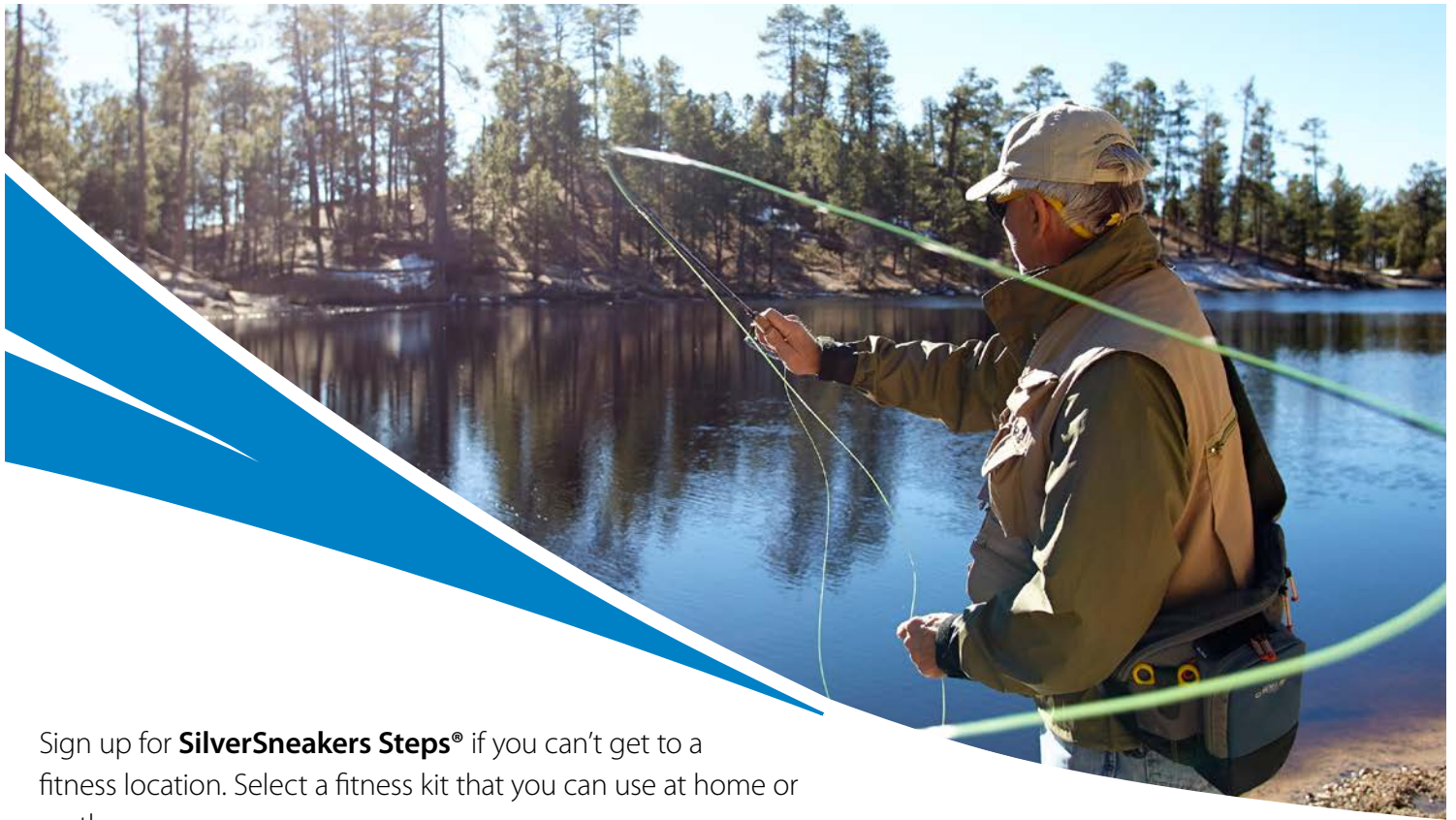
- classes and activities such as yoga, tai chi, and walking groups, led by certified instructors
- easy access at parks, recreation centers, churches and other neighborhood locations
- online class/activity locator and easy sign-up



*Classes and amenities vary by location.
(cont.)



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Sign up for **SilverSneakers Steps**® if you can't get to a fitness location. Select a fitness kit that you can use at home or on the go:

- general fitness
- walking
- strength
- yoga

Log on to the **SilverSneakers member website**, where you'll find:

- tools to assess your health and track your activity
- expert advice plus meal plans and healthy recipes
- support from the SilverSneakers community

Enroll in Health Net Medicare Supplement plan today and get SilverSneakers!

For more information, please call: 1-800-926-4178. (TTY users should call 711.)

Already a member? For more information, please call SilverSneakers: 1-866-666-7956.



Our office hours are Monday through Friday, 8:00 a.m. to 6:00 p.m., excluding holidays.

The benefit information provided is a brief summary, not a complete description of benefits. For more information, contact the plan.

Limitations, copayments, and restrictions may apply.

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