

Get fit your way™

silversneakers.com

www.healthnet.com/medicare

 **Health Net**[®]
MEDICARE PROGRAMS

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

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

Achieve your health and fitness goals with access to **more than 13,000 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

HEALTHWAYS
SilverSneakers[®]
FITNESS



*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



From October 1 through February 14, our office hours are 8:00 a.m. to 8:00 p.m., 7 days a week, excluding certain holidays. However, after February 14, your call will be handled by our automated phone system on weekends and certain holidays.

This information is not a complete description of benefits. Contact the plan for more information.

Limitations, copayments, and restrictions may apply.

Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year.

Health Net has a contract with Medicare to offer HMO, PPO, HMO-SNP plans. add for D-SNP: Health Net has a contract with Medicare and the Arizona and California state Medicaid programs to offer HMO SNP coordinated care plans. Enrollment in a Health Net Medicare Advantage plan depends on contract renewal. SilverSneakers® has a contract with Health Net.

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Enroll in select Health Net Medicare Advantage plans today and get SilverSneakers!

For more information, please call California: 1-800-977-6738 Arizona: 1-800-333-3930 Oregon/Washington: 1-800-949-6192 (TTY: 711).