

What is Silver Sneakers?

The SilverSneakers Fitness program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. SilverSneakers members have access to a wide variety of benefits, including:

- A basic fitness membership at any participating location.
- A trained Program AdvisorSM at each fitness location to show you around the location and help you get started in SilverSneakers classes
- SilverSneakers Steps, for members without convenient access to a location. Call 866-584-7389 (TTY:711) Monday through Friday, 8 a.m. - 8 p.m. EST to find out if your health plan offers SilverSneakers Steps.
- HealthwaysFIT.com to help you track your health progress
- Health education seminars and other events

Does my insurance cover SilverSneakers?

The following health insurance providers cover SilverSneakers memberships:

- AARP Medicare Supplement Insurance Plan
- Aetna Medicare
- Humana
- Kaiser Permanente of Colorado
- United Helathcare

Members of Medicare Advantage plans that don't offer SilverSneakers can still take SilverSneakers classes. But to do so, they will need to purchase a basic membership at the participating fitness center.

How do I start using SilverSneakers?

There are three easy ways to enroll.

Choose one or more of the following and begin enjoying your benefit today!

1. SilverSneakers at a participating location:

Simply take your SilverSneakers Member ID card to a SilverSneakers participating fitness location. No SilverSneakers card? Bring your health plan ID card or print your temporary SilverSneakers card (www.silversneakers.com) to tour the location.

2. HealthwaysFIT.com:

HealthwaysFIT.com makes it easy to be part of a thriving and secure online community. We provide a comprehensive, easy-to-use wellness resource for eligible members of health plans that include SilverSneakers as part of their benefits.

You will have access to:

- nutrition, fitness, and health improvement plans
- health-related articles and recipes
- virtual exercise video demonstrations
- advice from experts in exercise, nutrition and life skills, and much more!

3. SilverSneakers Steps:

SilverSneakers Steps is a personalized fitness program for members who don't have convenient access to a SilverSneakers location. Eligible persons who register at HealthwaysFIT.com can order a Steps kit with tools to help you get fit, including resistance bands, an exercise DVD and "how-to" material.

If you have additional questions regarding your SilverSneakers eligibility or membership, contact silversneakerswebcontact@healthways.com or call customer service at 866-584-7389, Monday through Friday, 8 a.m. – 8 p.m.

SilverSneakers Locations

- **Anytime Fitness- Montrose**
249-5557
Amenities
 - Resistance Training Equipment
 - Cardiovascular Equipment

- **In Motion Therapy and Fitness**
249-1646
Tuesday 12pm, Muscular strength
Thursday 7am, Muscular strength
Amenities
 - Resistance Training Equipment
 - Pool
 - Cardiovascular Equipment
 - Group Exercise / Aerobics Area

- **Gold's Gym**
970-240-4653
Low Impact Exercise in our Fitness Center!
Stay active, energized and meet others
interested in a healthy lifestyle at one of our
group exercise classes specially designed for
seniors!
Amenities
 - Resistance Training Equipment
 - Hot Tub / Whirlpool
 - Cardiovascular Equipment
 - Group Exercise / Aerobics Area
 - Steam / Sauna

- **Snap Fitness**
252-1771
Amenities
 - Resistance Training Equipment
 - Cardiovascular Equipment
 - Group Exercise / Aerobics Area

- **Montrose Rec District**
249-7705
Amenities
 - Hot tub / Whirlpool
 - Pool
 - Cardiovascular Equipment
 - Group Exercise / Aerobics Area

- **Bill Heddles Recreation Center- Delta**
874-0923
Amenities
 - Resistance Training Equipment
 - Hot Tub / Whirlpool
 - Pool
 - Cardiovascular Equipment
 - Group Exercise / Aerobics Area
 - Steam and/or Sauna

- **Anytime Fitness- Delta**
871-5000
Amenities
 - Resistance Training Equipment
 - Cardiovascular Equipment
 - Group Exercise / Aerobics Area