



88% of participants say SilverSneakers has improved their quality of life.¹

Improve your life with SilverSneakers

You get SilverSneakers® **at no additional cost** when you enroll in a Blue Shield of California Medicare Supplement or Medicare Advantage Plan.

Have more energy, flexibility and independence to do what you want.

Join today, and SilverSneakers is yours.

With this benefit you will have:

- access to 15,000+ participating locations
- trained instructors
- classes for all levels and abilities*
- health and nutrition tips along with SilverSneakers On-Demand™ exercise videos



*Classes and amenities vary by location.

1. 2017 SilverSneakers Annual Participant Survey, published March 26, 2018.

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