

## **Wellness & Fitness Program**

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Eligible for members of partnering Medicare Advantage or group retiree plans.

Intake Process

Enrolling is easy. Take your health plan ID card to a SilverSneakers participating fitness location. Visit the website to find a location near you.

Report Problems

Call the Agency

Self Refer

Yes

Silver Sneakers

<https://www.silversneakers.com>

Main

(877) 326-6054

Toll-Free

(888) 423-4632

1445 S. Spectrum Boulevard

Suite 100

85286 AZ

United States

Additional Availability Comments

Hours of operation at partnering fitness center locations vary.

Fee Structure

No Fee

Payment Method(s)

Private Pay

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Medicare

Languages Spoken

English

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## Multi-Lingual

SilverSneakers is a nationwide fitness program designed exclusively for older adults, available to members of participating Medicare health plans. Benefits include complimentary fitness center membership, nationwide access to more than 10,000 locations, low-impact classes taught by certified instructors, fun social events, health education, and much more.

Just call the toll-free number (877) 326-6054 or visit our website to find out which health plans offer this benefit at no cost to you as well as which fitness center location is most convenient for you. In Virginia, we partner with Humana, Anthem, United Healthcare/Secure Horizons, and Southeast Community Care/Arcadian.

[Find a SilverSneakers Location Near You](#)

Service Area(s)  
Nationwide