

"SilverSneakers®"



Be healthy - stay independent and let your health plan provide your fitness membership*

Members of participating Medicare health plans—join the SilverSneakers® Fitness Program to take charge of your own health and well-being!

*To qualify, you must be a Medicare-eligible member of a health plan that offers the SilverSneakers® Fitness Program.

Get fit, have fun, make friends with SilverSneakers®

Regular exercise can help you:

- Reduce your risk of cardiovascular disease
- Osteoporosis Prevention - Strengthen your bones and muscles
- Improve your balance to help prevent falls
- Improve mental health and enhance mood

To help get the exercise you need, join SilverSneakers®

SilverSneakers® gives you:

- A basic Fitness Center membership
- Custom-designed classes and use of equipment
- A Senior Advisor to help you along the way
- Nationwide access to participating locations

Registration for SilverSneakers Online is easy, so get started now!

Go to www.silversneakers.com/member and press the "click Here" button to create a user name and password. Please have your 16 digit health plan ID card available when you begin.

If you experience problems or need assistance, contact customer Service department toll free at 1-888-4632, Monday-Friday 8 am to 8 pm eastern time. If your plan doesn't offer SilverSneakers, ask when they'll be adding this valuable benefit!

For additional information you may also contact John Nall, South Milwaukee Fitness Center Manager at 766-5083 or speak to any one of his staff at 766-5084. You may also visit the South Milwaukee Fitness Center webpage at www.smfitness.org or the Recreation Department webpage at www.smrecept.org to get more great information on this wonderful program..

***Check the backside of this flyer for
Eligibility information!!!***

ELIGIBILITY



Finding out if you are eligible is simple!!!

At the bottom of this sheet is a small form you can complete and turn into any of our Fitness Center staff and we will contact you concerning your eligibility.

There are a few guidelines to consider before filling out the form:

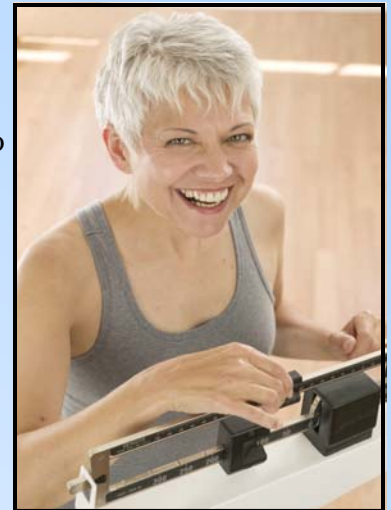
- 1) You must be participating in a Medicare health plan
- 2) Your health plan must offer the "SilverSneakers® Fitness Program"

If you know you meet these guidelines, then you are eligible to sign up early September 2012!

If you are on a Medicare Health Plan and do not know if you are eligible, please fill out the form below and we will contact you with your current status.

If you are not currently eligible, you may join the South Milwaukee Fitness Center as a senior member. You may also want to contract your insurance provider to inquire about them offering of the SilverSneakers® benefit in the future.

***Program Begins Early
September 2012!!!***



Full Name as it appears on Insurance Card: _____

Address: _____ City: _____ Zip: _____

Home Ph: (____) - _____ - _____ Cell Ph: (____) - _____ - _____

E-mail Address: _____