



Hello <%%FIRST NAME%%>,

SilverSneakers^{®†}, your fitness benefit from your Blue Cross Medicare AdvantageSM plan, includes several options that can help you stay active, healthy and independent. Your SilverSneakers benefit includes:

- Thousands of participating locations
- Live and OnDemand classes from the comfort of your home
- Freedom to choose how and when you keep moving

If you're not yet using your benefit, there's no better time than now.

FIND YOUR LOCATION

Complete your [search](#) for nearby participating SilverSneakers locations in your area. Simply take your SilverSneakers ID number, <XXXX-XXXX-XXXX-XXXX>, to a participating location near you.

CHECK OUT AN ON-DEMAND OR LIVE CLASS

Check out hundreds of online workout videos with SilverSneakers On-Demand[™] or try a SilverSneakers LIVE[™] virtual class. Videos and live classes range from easy, low-impact exercises to cardio workouts and more.

[Find Out More](#)



Get the App

You can find a network doctor, hospital or urgent care facility, access your claims, coverage and deductible information, and get your temporary digital member ID card.

Available for iPhone and Android users.



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