

Get active with SilverSneakers® Fitness

Check out all the ways to use your fitness membership. It's provided for you **at no extra cost** by **Kaiser Permanente (HMO)**.

To find fitness locations, request your SilverSneakers ID number, enroll in FLEX classes or get additional details, visit silversneakers.com or call SilverSneakers Customer Service at 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.



Work out indoors

- 13,000+ fitness locations*
- all basic amenities and SilverSneakers group exercise classes
- easy enrollment with your SilverSneakers ID number



Experience SilverSneakers FLEX® classes

- tai chi, yoga, walking groups and more
- at local parks, recreation centers and older-adult living communities (in select states)
- optional online sign-up for convenience



Connect online

- fitness location and SilverSneakers FLEX class lookup tool
- meal plans and healthy recipes
- resources and inspiration

Start using your SilverSneakers membership today!



*At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year.

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