



BlueCross BlueShield of Illinois

# 10 reasons to enroll in Blue Cross Medicare Advantage<sup>SM</sup> today and get SilverSneakers



1 Use 13,000+ fitness locations nationwide at no extra cost.



2 Enroll at multiple locations at any time.



3 Reach and maintain a healthy body weight.



4 Expand your circle of friends and enjoy social activities.



5 Increase muscle strength and bone density.



6 Prevent, delay or treat certain medical conditions.<sup>1</sup>



7 Take fitness classes at convenient community venues.



8 Be more flexible and have better balance.



9 Improve your memory and think more clearly.



10 Enjoy access to classes, pools, free weights, treadmills and more.

## Need more reasons?

Go to [go.silversneakers.com/ChangeToday](http://go.silversneakers.com/ChangeToday) to find out how others have changed their lives with SilverSneakers.



## Enroll in Blue Cross Medicare Advantage now and get SilverSneakers<sup>®†</sup> Fitness at no extra cost.

1-877-745-5477 TTY/TDD: 711. We are open 8 a.m. - 8 p.m., local time, 7 days a week. If you are calling from February 15 through September 30, alternate technologies (for example, voicemail) will be used on weekends and holidays.

[facebook.com/silversneakers](https://facebook.com/silversneakers)

## Experience better health

in mind, body and spirit through regular participation in SilverSneakers. Millions of people like you already do.



This information is available for free in other languages. Please call our Customer Service number at 1-877-397-7129 (TTY/TDD users should call 711). We are open between 8 a.m. and 8 p.m., local time, 7 days a week. If you are calling from February 15 through September 30, alternate technologies (for example, voicemail) will be used on the weekends and holidays.

Esta información está disponible en otros idiomas de forma gratuita. Comuníquese a nuestro número de Servicio al cliente al 1-877-397-7129 (los usuarios de TTY/TDD deben llamar al 711). Nuestro horario es de 8 a.m. a 8 p.m., hora local, los 7 días de la semana. Si usted llama del 15 de febrero al 30 de septiembre, durante los fines de semana y feriados, se usarán tecnologías alternas (por ejemplo, correo de voz).

You must continue to pay your Medicare Part B premium. This information is not a complete description of benefits. Contact the plan for more information. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. Limitations, copayments, and restrictions may apply. The Formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary.

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The SilverSneakers® Fitness program is a wellness program owned and operated by Healthways, Inc., an independent company.

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HMO, HMO-POS and PPO plans available in Cook, DuPage, Kane and Will counties.

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