

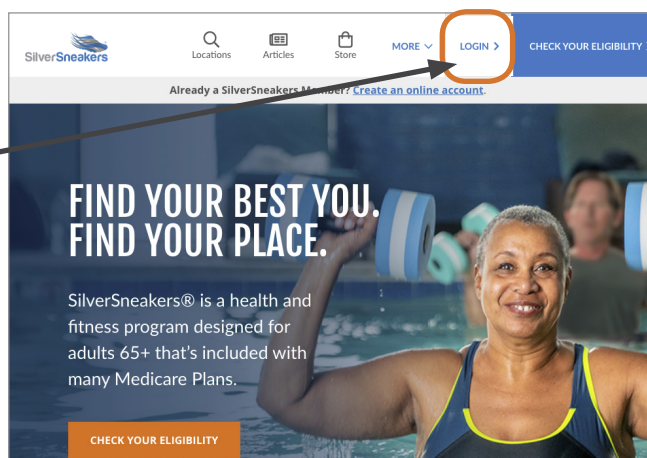
ENJOY SILVERSNEAKERS WHEN AND WHERE YOU WANT

Looking for a way to improve your health, but can't make it to a fitness location? SilverSneakers® has you covered, with SilverSneakers On-Demand™ videos.

SilverSneakers is your fitness benefit from your health plan at no extra cost. It includes memberships to thousands of participating locations¹ where you can use equipment and take exercise classes². But you can also exercise at home with On-Demand online video workouts. Videos range from easy, low-impact exercises to cardio workouts. In addition to digital classes, you'll find articles and videos on topics like nutrition, fitness challenges and more.

To get started, simply follow these steps.

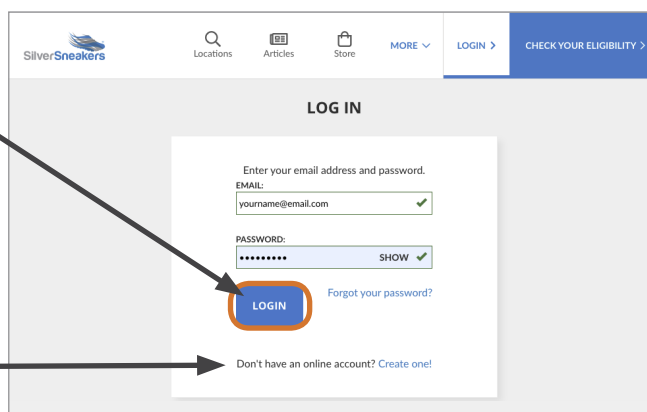
- 1 Go to **SilverSneakers.com** and click **"LOGIN."**



- 2 Enter your email address and password. Click **"LOGIN."**

From here, you'll be taken to the SilverSneakers "Member" page.

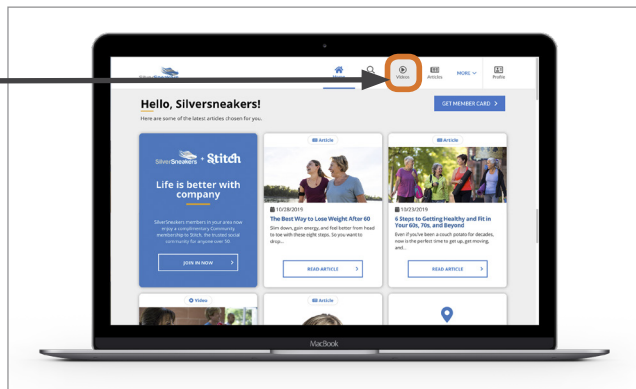
Note: If you haven't created your online account, click "Create one!" and follow the simple instructions to set up your account.



(continued on back)



3 Click "VIDEOS."



4 We suggest two videos to get started.

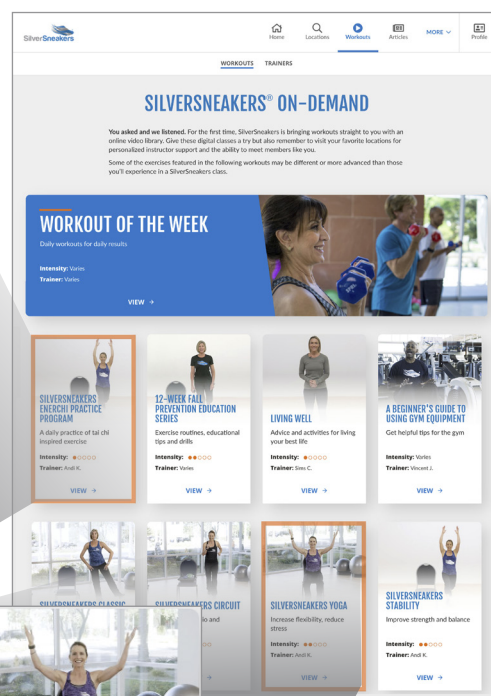
✓ **SILVERSNEAKERS ENERCHI PRACTICE PROGRAM.**

These exercises are inspired by tai chi. Click "VIEW" to start the video.



✓ **SILVERSNEAKERS YOGA.**

This will help you increase flexibility and reduce stress. Click "VIEW" to start the video.



As you get stronger, check out other videos in the series.

Log back in any time: [SilverSneakers.com /Member](https://www.silversneakers.com/Member)

Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
 2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.
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