

FITNESS FOR EVERYONE.

Move how you want, when you want with Apple Fitness+



Fitness+* is included with your SilverSneakers® fitness benefit at no additional cost, as part of your Aetna Medicare Advantage plan.**

SilverSneakers members can activate their Fitness+ account from their iPhone and enjoy access to workouts, meditations, and more!

Fitness+ helps make the SilverSneakers member fitness experience even more:

CONVENIENT

with **workout types from Yoga to Strength, and meditations that can be accessed any time of day**, inside or outside of the home, as your daily workout routine, or as a supplement to your regular gym routine.

INCLUSIVE

with **fitness for all skill levels, interests and goals**, including built-in workout modifications, and a wide array of content presented by expert instructors and celebrity guests.

CONNECTED

through the Fitness app on iPhone, iPad and Apple TV, with **easy, no-cost account activation** through your SilverSneakers member account, or SilverSneakers GO.

As an **Aetna Medicare Advantage** member, you will see customized Fitness+ notifications on your SilverSneakers member account and SilverSneakers GO app. Activate your Fitness+ account to get started.

Check with your healthcare provider before starting any exercise program.

 [Learn more at SilverSneakers.com/AppleFitness](https://www.silversneakers.com/applefitness)

*Apple Fitness+ is a third-party service provider and not owned or operated by Tivity Health, Inc. or its affiliates. Users must have internet service to access Apple Fitness+. Internet service charges are responsibility of user.

**Apple Fitness+ account may be activated at no cost in 3-month increments and can be renewed at no cost every 3 months through the SilverSneakers member account dashboard or SilverSneakers GO app. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved. SSFP4396_0323