



LOVE LIFE LONGER™ WITH YOUR FREE FITNESS BENEFIT

Improve your health and stay
independent with SilverSneakers.

Whether you play tennis, swim laps or lift weights, SilverSneakers® has you covered. You have SilverSneakers from **Presbyterian Senior Care (HMO), MediCare PPO and Presbyterian Dual Plus (HMO SNP)** for **FREE**. All you need to get started is your SilverSneakers ID number.

With this benefit you now have:

- the power to take control of your health
- support from trained instructors
- classes for all fitness levels
- access to 15,000+ participating locations
- use of all basic amenities*
- group fitness outside traditional gyms
- on-demand workout videos plus health and nutrition tips

88%

of participants say
SilverSneakers has
improved their
quality of life.¹

You have SilverSneakers.

[SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere)

1-888-423-4632 (TTY: 711)

Monday – Friday 8 a.m. – 8 p.m. ET

[SilverSneakers.com](https://www.silversneakers.com) | 

 **PRESBYTERIAN**


SilverSneakers

*Classes and amenities vary by location.

1. 2017 SilverSneakers Annual Participant Survey

Presbyterian Senior Care (HMO) / (HMO-POS) and Presbyterian Medicare PPO are Medicare Advantage plans with a Medicare contract. Enrollment in Presbyterian Senior Care (HMO) / (HMO/POS) and Presbyterian Medicare PPO depends on contract renewal. Presbyterian Dual Plus is an HMO Special Needs Plan (SNP) with a Medicare contract and a contract with the State of New Mexico Human Services Department Medicaid program. Enrollment in Presbyterian Dual Plus (HMO SNP) depends on contract renewal.

Presbyterian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 505-923-5420, 1-855-592-7737 (TTY: 711). Díí baa akó nínízin: Díí saad bee yánífti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jii'eh éí ná hóló, koji , ' hódíílnih 505-923-5420, 1-855-592-7737 (TTY:711).

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