

The Blues® make it easier to get fit and be healthy!

SilverSneakers

With the Blues, it's easier to get fit, have fun and make friends using your SilverSneakers® Fitness Program membership. Through our partnership with the Healthways SilverSneakers fitness program, members have access to more than 11,000* participating locations across the country, where on-site staff members are available to help them meet their personal wellness goals. SilverSneakers participating locations offer amenities such as exercise equipment and SilverSneakers fitness classes designed specifically for older adults and taught by certified instructors.

Women-only locations, including Curves®, are also available nationwide. For a Curves location near you, please visit my.silversneakers.com or call 1-866-584-7352, Monday through Friday 8 a.m. to 8 p.m. EST. TTY users should call the National Relay Service, 711.

PACT



Keep your fitness promise!

If you're serious about fitness and want additional support in achieving your goals, sign up for a PACT personal commitment contract at no cost. You can set your goals and create your own personal support network. Get started at my.silversneakers.com!

**Source: Healthways Contracts Database, April 2013*

SilverSneakers® Steps

SilverSneakers Steps is a personalized fitness program for members who can't get to a SilverSneakers location. Once you enroll in Steps, you may select one of four kits that best fits your lifestyle and fitness level – general fitness, strength, walking or yoga. Start now at my.silversneakers.com.



Enroll in participating Medicare Plus Blue PPOSM or BCN Advantage HMO-POSSM options today and get SilverSneakers!

To find out more about what you'll receive as a SilverSneakers member, please contact the Blues by calling the customer service number on the back of your Blues ID card.



Get fit, **have fun** and make friends, starting today!

BCN Advantage HMO-POSSM and Medicare Plus Blue PPOSM are health plans with Medicare contracts.



Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association



BCN Advantage HMO-POSSM and Medicare Plus Blue PPOSM are health plans with Medicare contracts. Limitations and restrictions may apply. You must use network facilities to obtain this benefit. Benefits may change on January 1 of each year. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan.

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