

# Get fit your way™

aetnamedicare.com  
silversneakers.com

*All members will  
receive Jan 1 2017  
(including existing)*

made available through

**aetna®**

You can do it with Healthways SilverSneakers® Fitness program, one of the benefits you'll receive when you join Aetna.

## **SilverSneakers allows you to get fit the way you want, at your convenience.**

Achieve your health and fitness goals with access to **more than 13,000 fitness locations** where you can:

- Use amenities such as fitness equipment, pools and saunas\*
- Take SilverSneakers classes\* designed specifically for active older adults and led by certified instructors
- Have guidance and assistance from a Program Advisor™
- Enjoy fun social activities

Try **SilverSneakers FLEX™**, which includes:

- Classes and activities such as yoga, tai chi, and walking groups, led by certified instructors
- Easy access at parks, recreation centers, churches and other neighborhood locations
- Online class/activity locator and easy sign-up

HEALTHWAYS  
**SilverSneakers®**  
FITNESS



\*Classes and amenities vary by location.