



SilverSneakers® Fitness

Great reasons to participate in SilverSneakers®

You can start reaching your wellness goals by getting active with the SilverSneakers Fitness program. SilverSneakers gives you access to exercise equipment, group fitness classes and social events.

- Use 13,000+ fitness locations nationwide, with weights, swimming, classes and cardio equipment.*
- Make friends and enjoy social activities.
- Work towards improving muscle strength, bone density, flexibility and balance.
- Go outside with SilverSneakers FLEX®. Try tai chi, yoga, walking groups and more at local parks and recreation centers, where available.

Need more reasons?

Go to www.silversneakers.com

1-888-423-4632 (TTY: 711), Monday – Friday, 8 a.m. – 8 p.m., Eastern time.

Visit **SilverSneakers.com** to find a convenient location near you.

*Equipment and classes may vary by location.

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Humana is a Medicare Advantage HMO and PPO organization with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits may change each year.

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-824-8242 (TTY: 711)**.

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-824-8242 (TTY: 711)**.

繁體中文 (Chinese): 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-800-824-8242 (TTY: 711)**。

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THE HIVE - CREATIVE SERVICES
JOB: 77244_GHHJEEHEN_Flyer_8x10_4C
DATE: 08/15/2017
JOB ID: 77244

CLIENT: Anne Pincus
LOB: Group Medicare

FILE ISSUE AND COLOR APPROVAL CONTACT:
ProdMgr/Kelli Schreiber
Email: thehive@humana.com

COLOR: 4C PROCESS
SIZE: 8 X 10 in
TRIM:
BLEED: YES

MAIL 10 PRINTED SAMPLES TO:
THE HIVE/TRAFFIC
123 E. MAIN STREET, STE 2E
LOUISVILLE, KY 40202