

Getting Started

Using Your Coverage

Member Publications

Medicare Advantage Extras

Need help?

We're here to answer your questions.

Contact Us

SilverSneakers®

Do you want to be fit and active?

Then SilverSneakers is for you. This program allows our members to enjoy fun, fitness and friends.

Original Medicare doesn't cover basic fitness services. SilverSneakers is an extra benefit in several of our Medicare Advantage plans.

What you'll get:

- Access to more than 14,000 fitness centers
- Kick off with a personal adviser
- Specialized classes designed to meet your needs
- Seminars
- A plan to help you lose weight and keep it off

Note:

Tivity Health is an independent company that provides a service to Blue Cross Blue Shield of Michigan and Blue Care Network members.



Website

▶ [HTTP://WWW.SILVERSNEAKERS.COM](http://www.silversneakers.com)

Blue Cross Blue Shield of Michigan members and Blue Care Network members call 1-888-563-3307

TTY users call 711

8 a.m. to 9 p.m. Monday through Friday