

Get fit your way



You can do it with Healthways SilverSneakers® Fitness Program. It's a free benefit when you join an Asuris Northwest Health Medicare Advantage plan.



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



Achieve your health and fitness goals with access to **more than 11,000 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 AdvisorSM
- 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
- class/activity locator and easy sign-up at <http://my.silversneakers.com>.

(available in select states)



<http://www.silversneakers.com>
<http://www.asuris.com/medicare>

*Classes and amenities vary by location.

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STAY YOUNGSM



Sign up for SilverSneakers® Steps if you can't get to a fitness location. Select a fitness kit that you can use at home or on the go:

general fitness • walking • strength • yoga

Join PACT, a web feature that helps you keep your fitness promise. If you're serious about fitness, sign up at <http://my.silversneakers.com> to

- get additional support to achieve your goals
- create your own personal support network
- report your activity online

Enroll in an Asuris Northwest Health Medicare Advantage plan today and get a free SilverSneakers membership!

For more information, please call **1-800-541-8981** (TTY: 711), from 8 a.m. to 8 p.m., Monday through Friday. From October 1 through February 14, our telephone hours are 8 a.m. to 8 p.m., seven days a week.



<http://www.facebook.com/silversneakers>



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Asuris Northwest Health is a PPO plan with a Medicare contract. Enrollment in Asuris Northwest Health depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, premiums, and/or copayments/coinsurance may change on January 1 of each year. SilverSneakers® is a registered mark of Healthways, Inc. © 2013 Healthways, Inc.