

# Be healthy and feel younger

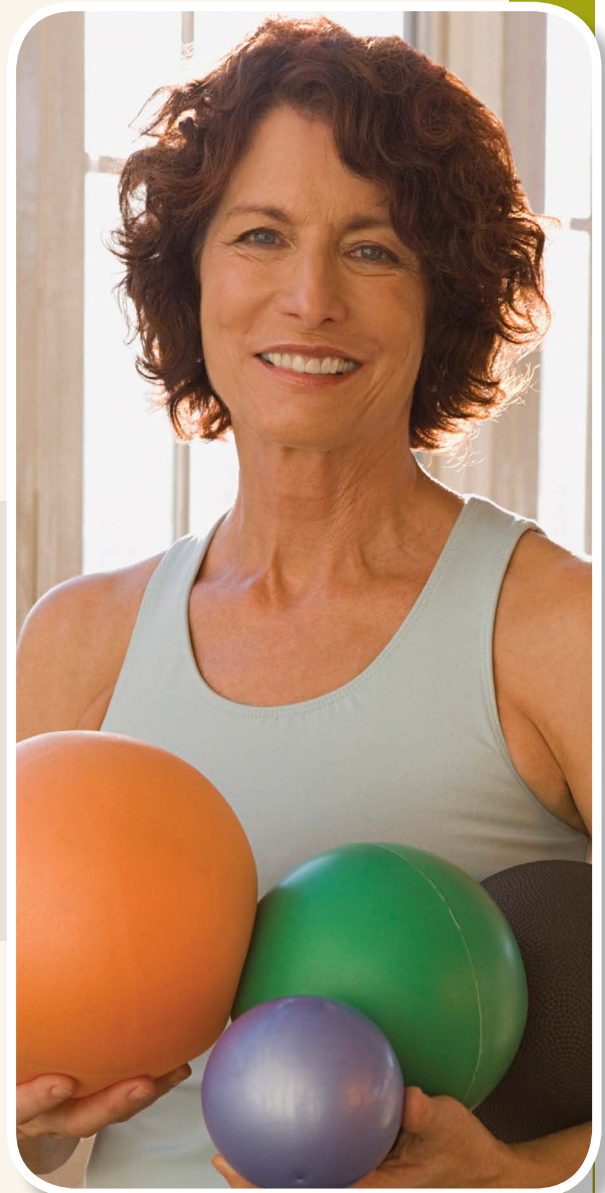
with the SilverSneakers® Fitness Program – one of the benefits you'll receive when you join an Asuris Northwest Health Medicare Advantage PPO plan

Check out the ways you can use your SilverSneakers membership.

## SilverSneakers at a fitness location

As a SilverSneakers Fitness Program member you'll have free **access to more than 11,000** fitness facility locations across the country, where on-site staff members are available to help you meet your personal wellness goals. Many locations offer amenities such as exercise equipment, pools, saunas, SilverSneakers fitness classes and other fun classes and activities. Other types of fitness locations may also be available in your area. Visit <http://www.silversneakers.com> to find your closest location.

Join an Asuris Northwest Health Medicare Advantage PPO plan and get started today!



## SilverSneakers Online

The SilverSneakers members-only website, <http://www.silversneakers.com/member>, is a comprehensive, easy-to-use wellness resource. Being part of a thriving and secure online community will allow you to create exercise and nutrition plans, track fitness progress, find health articles and recipes, and do much more.



**STAY YOUNG<sup>SM</sup>**

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## 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 – walking, cardio, resistance or yoga. The Steps wellness tools can help you get fit at home or on the go.

## Enroll in an Asuris Northwest Health Medicare Advantage PPO plan today and get SilverSneakers!

To find out more about what you'll receive as a an Asuris Northwest Health Medicare Advantage PPO plan and SilverSneakers member, 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.

[silversneakers.com](http://silversneakers.com)

[www.asuris.com/needCoverage/medicare](http://www.asuris.com/needCoverage/medicare)



Asuris Northwest Health is a Health plan with a Medicare contract. 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.

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