

Silver Sneakers Program

The Healthways SilverSneakers Fitness program is an insurance benefit included in more than 65 Medicare health plans. Through SilverSneakers, health plans and group retirement plans provide a gym membership to their insured, usually at no additional cost.

Your SilverSneakers membership allows you access to more than 12,000 participating locations nationwide, and includes all the basic amenities plus group exercise classes geared specifically towards the active older adult.

What do SilverSneakers members receive?

- A basic fitness membership at any participating location around the country, with access to all amenities usually included with a basic membership
- A trained Program AdvisorSM at each fitness location to introduce you to SilverSneakers, show you around the location and help you get started SilverSneakers classes
- SilverSneakers Steps, for members without convenient access to a location. Call [866-584-7389](tel:866-584-7389) (TTY: 711), Monday through Friday, 8 a.m. - 8 p.m. EST to find out if your health plan offers SilverSneakers Steps.
- HealthwaysFIT.com to help you track your health progress
- Health education seminars and other events

You can visit:

<https://www.silversneakers.com> to see if your plan participates with the program



Some Health Plan Providers Include:

- Highmark Blue Cross Blue Shield of West Virginia
- Highmark Health Insurance Company
- Humana
- The Health Plan/ THP
- AARP® Medicare Supplement Insurance Plan
- Aetna Medicare
- Anthem Blue Cross and Blue Shield
- Coventry Health Care
- Health Advantra- A Coventry Health Care plan
- UnitedHealthcare®
- Highmark Inc.
- Independence Blue Cross

Fitness Facilities participating with SilverSneakers:

- Healthworks Rehab and Fitness (All locations)
- WVU Health Sciences Center
- WVU Student Recreation Center
- Club 24 Fitness (Morgantown)
- Curves (Sabarton)
- Lakeview Fitness Center (Cheat Lake)
- Lakeside Physical Therapy (Cheat Lake)
- Preston Memorial Physical Therapy (Reedsville of Fairmont General Hospital)
- Uniontown YMCA
- Community Action Southwest Waynesburg Senior Center (Waynesburg)
- Cross Trainers (Terra Alta)
- Tygart Valley Rehabilitation and Fitness Center (Grafton)
- HealthPlex of Fairmont General Hospital