



SILVERSNEAKERS®

# Step up your health game with SilverSneakers

SilverSneakers is a fitness program available to UT SELECT retirees aged 50 and over and UT CARE™ members. Enjoy unlimited access to thousands of fitness locations nationwide. Membership offers a welcoming community where you can have fun with friends and meet new people — all while enjoying a healthy activity. Plus, it's available at no added cost through your health plan.



Fitness classes designed for all fitness levels and led by certified coaches



Group classes like yoga and dance offered outside the gym setting



Access to SilverSneakers virtual classes and hundreds of online classes

## Ready to get started?

- Call **888-423-4632** (TTY 711) Monday through Friday, 7 a.m. - 7 p.m. CT, or
- Visit **SilverSneakers.com/StartHere**, or
- Email **support@silversneakers.com**

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