

LOVE LIFE LONGER™ WITH YOUR FREE FITNESS BENEFIT

Improve your health and stay independent with SilverSneakers.

Whether you play tennis, swim laps or lift weights, SilverSneakers® has you covered. You have SilverSneakers from **KelseyCare Advantage** for **FREE**. All you need to get started is your SilverSneakers ID number.

With this benefit you now have:

- the power to take control of your health
- support from trained instructors
- classes for all fitness levels
- access to all 15,000+ participating locations nationwide
- use of all basic amenities*
- group fitness outside traditional gyms
- on-demand workout videos plus health and nutrition tips

88%

of participants say SilverSneakers has improved their quality of life.¹

You have SilverSneakers.

[SilverSneakers.com/StartHere](https://www.silversneakers.com/starthere)

1-888-423-4632 (TTY: 711)

Monday – Friday 8 a.m. – 8 p.m. ET

SilverSneakers.com | 

KelseyCare Advantage

SilverSneakers

*Classes and amenities vary by location

1. 2017 SilverSneakers Annual Participant Survey.

KelseyCare Advantage is offered by KS Plan Administrators, LLC, a Medicare Advantage HMO with a Medicare contract. Enrollment in KelseyCare Advantage depends on contract renewal.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1-866-535-8343 (TTY: 1-866-302-9336). ATENCIÓN: se habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-535-8343 (TTY: 1-866-302-9336).

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