



Get fit at no additional cost with Blue Shield of California and SilverSneakers

Available to eligible employer group and union retirees

blue  of california

SilverSneakers Fitness Membership

Make the most of your retirement by staying young with the SilverSneakers® Fitness Program, a basic fitness benefit provided **at no additional cost** by Blue Shield 65 Plus (HMO). SilverSneakers members have access to more than 11,000 participating locations across the country, including 24 Hour Fitness, select YMCAs and many others. Women-only locations, including Curves®, are also available nationwide.

Convenient locations can be found at silversneakers.com or by calling 888-423-4632 Monday through Friday, from 8 a.m. to 8 p.m. TTY: National Relay Service, 711.

At each participating location, on-site staff members are available to help SilverSneakers members meet their personal wellness goals. Locations offer amenities such as exercise equipment and SilverSneakers fitness classes designed specifically for older adults and taught by certified instructors.

silversneakers.com

blueshieldca.com

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SilverSneakers Online

At **silversneakers.com**, SilverSneakers members have a comprehensive, easy-to-use wellness resource in the member pages. As part of a thriving and secure online community, members can create exercise and nutrition plans, track fitness progress, watch online classes and more.

SilverSneakers® Steps

SilverSneakers members who don't have convenient access to a participating fitness location (a location is 15 miles or more from their home) can enroll in SilverSneakers® Steps. Steps includes wellness tools that can be used anytime, anywhere.



Enroll in Blue Shield 65 Plus today and get SilverSneakers!

When you are enrolled in Blue Shield 65 Plus through your employer group or union, SilverSneakers is included at no additional cost to you. To find out more about what you'll receive as a **Blue Shield 65 Plus** and SilverSneakers member, please contact your employer group or union's benefit administrator or call Blue Shield 65 Plus at **1-800-776-4466 [TTY: 1-800-794-1099]** 7 a.m. to 8 p.m., seven days a week from October 1, 2012 through February 14, 2013. However, after February 14, 2013, your call will be handled by our automated phone system on Saturdays, Sundays and holidays.



STAY YOUNGSM

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, formulary, pharmacy network, premium and/or co-payments/co-insurance may change on January 1 of each year.

Blue Shield of California is a health plan with a Medicare contract.

Blue Shield 65 Plus offers individual and employer group retiree plans to Medicare beneficiaries who are entitled to both Medicare Part A and Part B. Individual plans are open to all Medicare beneficiaries who reside within a plan's specific service area. Employer group retiree plans are open only to Medicare beneficiaries who are eligible group retirees and who reside within a plan's specific service area. Blue Shield 65 Plus individual and employer group retiree plans have different service areas, benefits and provider networks. Individuals must have both Medicare Part A and Part B to enroll.

An independent member of the Blue Shield Association. Blue Shield and the Shield symbol are registered marks of the BlueCross and BlueShield Association, an association of independent Blue Cross and Blue Shield plans. SilverSneakers® is a registered mark of Healthways, Inc., an independent company that does not provide Blue Shield of California products and services. Curves is a registered mark of Curves International, Inc., an independent company.