Get active with SilverSneakers® Fitness

Check out all the ways to use your fitness membership. It’s provided for you at no extra cost by the UT SELECT Health Plan.

Work out indoors
• 13,000+ fitness locations*
• all basic amenities and SilverSneakers group exercise classes
• easy enrollment with your SilverSneakers ID number

Experience SilverSneakers FLEX™ classes
• tai chi, yoga, walking groups and more
• at local parks, recreation centers and older-adult living communities (in select states)
• optional online sign-up for convenience

Connect online
• fitness location and FLEX class lookup tool
• meal plans and healthy recipes
• resources and inspiration

To find fitness locations, request your SilverSneakers ID number, enroll in FLEX classes or get additional details, visit silversneakers.com or call SilverSneakers Customer Service at 1-888-423-4632 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m. ET.

Start using your SilverSneakers membership today!

*If you are in need of an at-home kit, please visit silversneakers.com or call SilverSneakers at the phone number listed above.

UT SELECT Health Plan members over the age of 50 who are a Retiree (including working Retirees), a covered spouse of a Retiree or a Surviving Spouse are eligible for SilverSneakers.

Healthways, SilverSneakers and SilverSneakers FLEX are registered trademarks or trademarks of Healthways, Inc. and/or its subsidiaries. © 2016 Healthways, Inc. All rights reserved.
Fitness locations

What fitness locations can SilverSneakers members use?
SilverSneakers members can use any participating fitness location at any time. To find locations by ZIP code, members should visit silversneakers.com or call SilverSneakers Customer Service.

Are SilverSneakers locations handicap accessible?
While Healthways cannot guarantee full handicap accessibility, most locations are wheelchair accessible.

Will there be a location near each member’s home?
Not all fitness locations are SilverSneakers partners. Locations are chosen for geographic accessibility and customer service, particularly in serving eligible adults.

Enrollment and getting started

How do eligible health plan members enroll in SilverSneakers?
Eligible plan members need only take their SilverSneakers ID card or 16-digit ID number to the front desk of their selected location. Members can get their ID number at silversneakers.com or by calling SilverSneakers Customer Service.

How long does it take to enroll?
New SilverSneakers members should allow approximately 30 minutes on their first visit. Members who want to tour the location during this visit should call in advance and allow some extra time. Each location provides group or individual tours, usually at enrollment or during their first week as a member. If they plan to work out that day, remind them to bring water and to wear comfortable clothing and shoes.

Who is the Program Advisor, and what is his or her role?
Program Advisors, employees of the fitness locations, are trained to welcome new members; assist with enrollment, tours and equipment orientation; and make them feel comfortable. Program Advisors are usually available Monday through Friday from 10 a.m. to 2 p.m.

Will staff be available to show them around and demonstrate how to use the equipment?
Yes. Fitness staff or the Program Advisor can show them how to use the equipment and give them a tour of the location and amenities available to them.

If members have more questions:
silversneakers.com
1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET