



AULTCARE'S
PRIMETIME
HEALTH PLAN

Now's **Your** Time to Move With SilverSneakers



SilverSneakers® is more than a traditional fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's included **at no additional cost** when you enroll in **PrimeTime Health Plan**.



In the gym

- Thousands of participating locations¹ nationwide with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes² designed for all levels



In your community

- Group activities and classes² offered outside the gym
- Events including shared meals, holiday celebrations and class socials and abilities



At home or on the go

- SilverSneakers LIVE online classes and workshops led by specially trained instructors, 7 days a week
- SilverSneakers On-Demand videos available 24/7
- SilverSneakers GO mobile app with personalized program resources, adjustable workout plans and more



You can get your SilverSneakers member ID number and start using the program once you enroll in PrimeTime Health Plan.

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



Questions? Call us. 1-888-423-4632 (TTY:711) Monday-Friday 8 a.m. - 8 p.m. ET

Notes:

Always talk with your doctor before starting an exercise program.

1. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Inclusion of specific PLs is not guaranteed.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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PrimeTime Health Plan is an HMO-POS plan with a Medicare contract. Enrollment in PrimeTime Health Plan depends on contract renewal. For more information, please contact PrimeTime Health Plan at 330-363-7407 or 1-800-577-5084 (TTY users should call 711). Our call center is open Monday through Friday, from 8 a.m. to 8 p.m. From October 1 through March 31, the call center is open seven days a week, from 8 a.m. to 8 p.m.