TUFTS Health Plan

10 reasons to enroll in Tufts Health Plan Medicare Preferred today and get SilverSneakers

1. Use 13,000+ fitness locations nationwide at no extra cost.
2. Enroll at multiple locations at any time.
3. Reach and maintain a healthy body weight.
4. Expand your circle of friends and enjoy social activities.
5. Increase muscle strength and bone density.
6. Prevent, delay or treat certain medical conditions.[1]
7. Take fitness classes at convenient community venues.
8. Be more flexible and have better balance.
9. Improve your memory and think more clearly.
10. Enjoy access to classes, pools, free weights, treadmills and more.

Need more reasons?

Go to **go.silversneakers.com/ChangeToday** to find out how others have changed their lives with SilverSneakers.

HEALTHWAYS SilverSneakers® FITNESS

Enroll in Tufts Health Plan Medicare Preferred now and get SilverSneakers® Fitness at no extra cost.

1-800-936-1902 (TTY **1-888-899-8977**), Monday through Friday, 8 a.m. to 8 p.m. ET (Oct. 1 - Feb. 14, 7 days a week, 8 a.m. to 8 p.m.)

facebook.com/silversneakers

1. nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html

Experience better health

in mind, body and spirit through regular participation in SilverSneakers. Millions of people like you already do.

Tufts Health Plan is an HMO Plan with a Medicare Contract. Enrollment in Tufts Health Plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year.

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