

# 10 reasons to enroll in Blue Shield 65 Plus (HMO) today and get SilverSneakers



Use 13,000+ fitness locations nationwide at no extra cost.



Enroll at multiple locations at any time.



Reach and maintain a healthy body weight.



Expand your circle of friends and enjoy social activities.



Increase muscle strength and bone density.



Prevent, delay or treat certain medical conditions.<sup>1</sup>



Take fitness classes at convenient community venues.



Be more flexible and have better balance.



Improve your memory and think more clearly.



Enjoy access to classes, pools, free weights, treadmills and more.

## Need more reasons?

Go to [go.silversneakers.com/ChangeToday](http://go.silversneakers.com/ChangeToday) to find out how others have changed their lives with SilverSneakers.

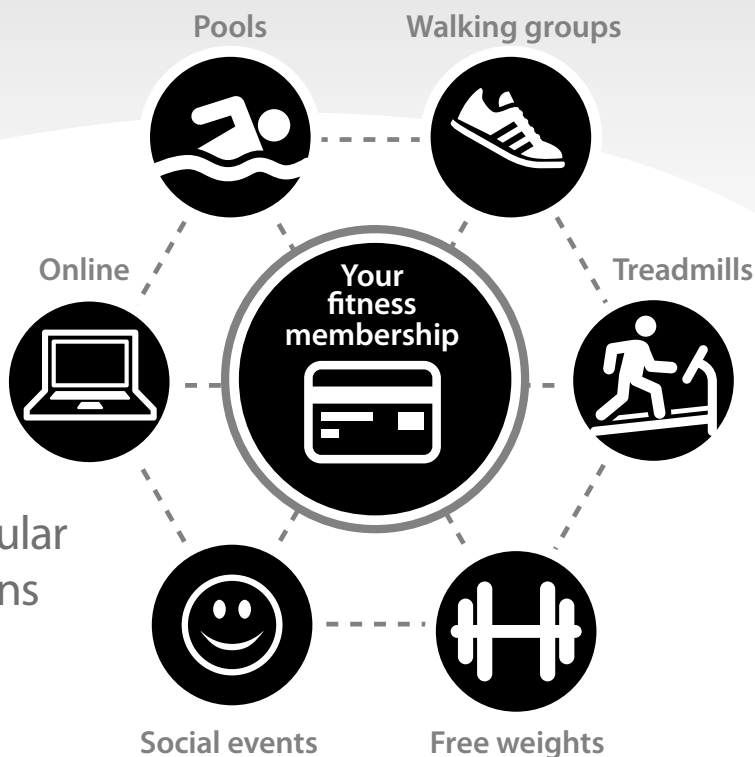


**Enroll in Blue Shield 65 Plus (HMO) now and get SilverSneakers® Fitness at no extra cost.**

1-800-776-4466 (TTY: 711), 8 a.m. to 8 p.m., seven days a week from October 1 through February 14, and 8 a.m. to 8 p.m., weekdays, from February 15 through September 30.

# Experience better health

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



This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year.

Blue Shield of California is an HMO plan with a Medicare contract. Enrollment in Blue Shield of California depends on contract renewal.

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 trademark of Healthways, Inc., an independent company that does not provide Blue Shield of California products and services.

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