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**.

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.

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

Start using your SilverSneakers membership today!

UT Benefits LivingWell
THE UNIVERSITY of TEXAS SYSTEM

HEALTHWAYS SilverSneakers® FITNESS

*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.

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