



# Did you know?

92% of SilverSneakers® participants report their health as good, very good or excellent.<sup>1</sup>

As you know, it's never too late for seniors to add fitness to their lives. That's why many of Humana's Medicare plans include SilverSneakers – at no extra cost.\*

Humana members enrolled in SilverSneakers report:<sup>2</sup>

- Better current health than the average senior
- A lower disease burden
- Fewer falls than the national average for seniors



**Your patients listen to you. If they are eligible, refer them to SilverSneakers during their next visit.** They can visit [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere) or call Humana to verify SilverSneakers eligibility.

## Humana®

### Information for Humana healthcare providers — not for patient distribution

\*SilverSneakers is not available with all Humana Medicare plans.

1. Source: 2017 SilverSneakers Annual Participant Survey

2. Source: 2017 SilverSneakers Annual Member Survey to Humana Members

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