

Silver Sneakers® Fitness

Applies to Iowa and South Dakota:

**Blue Medicare Advantage PPO, Blue Medicare Advantage Enhanced PPO,
Blue Medicare Advantage PPO | Avera, Blue Medicare Advantage Valor PPO**



Wellmark Advantage Health Plan, Inc. is an independent licensee of the Blue Cross and Blue Shield Association.

SilverSneakers® Fitness

SilverSneakers® is a basic fitness benefit that includes fun and energizing programs that help older adults take greater control of their health by encouraging physical activity. It is designed to improve overall fitness by increasing muscular strength, endurance, flexibility, agility, and balance. Physical exercise improves the overall wellbeing of the member.

Original Medicare

Original Medicare does not cover fitness services.

Wellmark Advantage Health Plan PPO Enhanced Benefits

Wellmark Advantage Health Plans (WAHP) are Medicare Advantage plans that provides at least the same level of benefit coverage as Original Medicare (Part A and Part B) and may provide enhanced benefits beyond the scope of Original Medicare within a single health care plan. This flexibility allows WAHP to offer enriched plans by using Original Medicare as the base program and adding desired benefit options such as SilverSneakers® fitness.

Coverage for the SilverSneakers® fitness program is provided to members under WAHP. Because Original Medicare does not cover fitness services, the scope of the benefit, reimbursement methodology, maximum allowed payment amounts, and member cost sharing are determined by WAHP.

Benefits include:

- SilverSneakers® membership at any participating location nationwide
- Customized SilverSneakers® classes, seminars, and other social educational events
- A trained senior adviser at the fitness center to show the member around and help him or her get started
- Conditioning classes, exercise equipment and may include a pool, sauna, or other available amenities
- Online support and programs tailored to your fitness needs, help to lose weight, reduce stress, or quit smoking
- SilverSneakers® 4 or 12 week programs includes walking, strength building and meditation

Eligible members will receive a SilverSneakers® membership card and may enroll at one of the participating SilverSneakers® Fitness centers. Members must show their WAHP identification card when enrolling at one of the participating fitness centers.

Wellmark Advantage Health Plan

<https://www.WellmarkAdvantageHealthPlan.com>

Wellmark Advantage Health Plan (WAHP) members not in close proximity to a contracted fitness center may request SilverSneakers Steps, an at-home exercise kit that includes a drawstring bag, pedometer, exercise resistance bands, exercise DVD and exercise cards. Members also have the option to download the SilverSneakers® GO™ app at home. www.SilverSneakers.com/GO or call 1-866-584-7352.

Conditions for Benefit

The SilverSneakers® fitness program is a specialized program designed specifically for seniors that includes membership payments at participating facilities. Members who chose to participate in this program must use a plan-authorized vendor.

The SilverSneakers® benefit does not include gym or health club memberships other than for those facilities that participate in the program.

Member Cost-Sharing

Services that require added costs (e.g., court sports, massage therapy, etc.) may be available at some centers. However, the member is fully liable for the costs associated with any services that require additional charges.

- If the member elects to receive a non-covered service, he or she is responsible for the entire charge associated with the non-covered service.
- To verify member eligibility, benefits, and cost share, go to the WAHP secure website at www.WellmarkAdvantageHealthPlan.com or call Provider Inquiry **1-855-716-2556 (TTY:711)**.

Contact Information

Members with questions concerning Silver Sneakers® benefits can call Tivity Health™ Servicing at 1-888-338-0345 (TTY:711). Information on SilverSneakers® GO is also available on the website: www.SilverSneakers.com.

Revision History

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