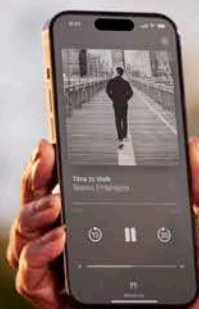




WE'VE GOT BIG NEWS FOR 2023!

Your fitness benefit made available by Aetna Medicare Advantage now includes access to Apple Fitness+* at no additional cost.**



FITNESS FOR EVERYONE.

Activate your Fitness+ account using your iPhone, at no additional cost, and enjoy access to workouts from anywhere, anytime, with no special equipment necessary.*

CONVENIENT

with **workout types from Yoga to Strength, and meditations that can be accessed any time of day**, inside or outside of the home, as your daily workout routine, or as a supplement to your regular gym routine.

INCLUSIVE

with **fitness for all skill levels, interests and goals**, including built-in workout modifications, and a wide array of content presented by expert instructors and celebrity guests.

CONNECTED

through the Fitness app on iPhone, iPad and Apple TV, with **easy, no-cost account activation** through your SilverSneakers® member account, or SilverSneakers Go app.



[Learn more at SilverSneakers.com/AppleFitness](https://www.silversneakers.com/applefitness)

1-888-338-0351 (TTY: 711) Monday – Friday, 8 a.m. – 8 p.m. ET

Check with your healthcare provider before starting any exercise program.

* Apple Fitness+ is a third-party service provider and not owned or operated by Tivity Health, Inc. or its affiliates. Users must have internet service to access Apple Fitness+. Internet service charges are responsibility of user.

** Apple Fitness+ account may be activated at no cost in 3-month increments and can be renewed at no cost every 3 months through the SilverSneakers member account dashboard or SilverSneakers GO app.

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IMPORTANT PLAN INFORMATION