

Get Started with SilverSneakers



1 Locate your SilverSneakers Member ID (3 ways!)

- If you're new to SilverSneakers, go to **SilverSneakers.com/StartHere** and follow the simple steps
- Download our SilverSneakers GO app
- Call our Member Experience Center and speak with one of our representatives
1-888-423-4632 TTY 711 or Espanol call 1-888-617-6392

2 Create a SilverSneakers Account & Enroll

- Digitally, you can enroll at SilverSneakers.com and access:
 - SilverSneakers LIVE™
 - SilverSneakers On-Demand™
 - SilverSneakers GO™ Mobile App
- At a participating fitness location, take your SilverSneakers ID # and complete simple forms

3 That's it! You're ready to start getting active!