

TOTAL FITNESS AT RUSSELL MEDICAL CENTER IS NOW A PROUD PARTNER OF SILVER SNEAKERS



Russell Medical

Silver Sneakers Approved Insurance Plans in Alabama

1. Aetna
 - A. Aetna Medicare MAPD
2. Bankers Life
 - A. Colonial Penn Life Insurance Company Medicare Supplement Insurance Plan D
3. Blue Cross Blue Shield (BCBS) of Alabama
 - A. Blue Advantage (PPO)
 - B. Blue Advantage Complete (PPO)
 - C. Blue Advantage Premier (PPO)
 - D. C Plus Medicare Select
4. Humana
 - A. Medicare Advantage
 - B. Medicare Supplement

**CALL TOTAL FITNESS AT 256-329-7623 AND ASK ABOUT
SILVER SNEAKERS**



FIND OUT IF YOU HAVE SILVERSNEAKERS FOR 2020

Let us help you check.

Has your Medicare Advantage or Medicare Supplemental health plan made a change for 2020? Or are you Medicare-eligible for the first time this year? We're here to help you find out if you have SilverSneakers®.

- Go to **SilverSneakers.com/check**.
 1. Enter your first name, last name, date of birth and ZIP code.
 2. Enter your email address and keep the box checked if you wish to use the member-only SilverSneakers website and receive updates from SilverSneakers and Tivity Health®.
 3. Click the orange "Check Eligibility" button at the bottom.
- As you know, health plans change their benefits every year. Sometimes those changes impact access to programs like SilverSneakers. To see which health plans offer SilverSneakers, visit **SilverSneakers.com/HealthPlans**. Select your home state in the drop-down menu, and you will see a list of health plans in your area that are offering SilverSneakers.
- Or you can call **1-888-423-4632** (TTY: **711**) Monday through Friday from 8 a.m. to 8 p.m. ET. A SilverSneakers Customer Service Representative will be happy to help you.

See if you have SilverSneakers.

SilverSneakers.com/Check • 1-888-423-4632 • Or call your health plan.