

Feel younger, have fun, and get fit your way with SilverSneakers® Steps.

Exercise can help you feel younger and live a healthier life. SilverSneakers Steps can help you get the activity you need to stay healthy, gain better balance, and get stronger without having to leave your home. The best thing is, you can do the Steps program anywhere – even on vacation!

The Steps kit includes:*

- A drawstring bag to hold your Steps kit equipment.
- Resistance bands that will help you get stronger and have better balance.
- A pedometer to keep track of how many steps you take each day.
- A Steps handbook that will help you set goals, see how to reach new levels of activity, and track your progress.
- A special SilverSneakers at-home workout DVD so you can get the same great exercise in your living room as you would in a fitness center.
- Access to the members-only website where you can log in all your steps, see your fitness progress, download healthy recipes, and take a survey about your health. SilverSneakers Steps is how many people take advantage of the SilverSneakers Fitness Program, so you can stay active even if you can't get to a SilverSneakers location.

Call 1-888-423-4632 (TTY: 711) to find out if your health plan covers the SilverSneakers Fitness Program and SilverSneakers Steps as a benefit.



Register online for your Steps kit today!

1. Go to www.silversneakers.com/member.
2. Select "Click Here" under "Ready to Start?"
3. Follow the instructions on the page

Please make sure to have your Humana ID card with you when you register.

Questions?

1-888-423-4632 (TTY: 711)

Monday - Friday, 8 a.m. to 8 p.m. Eastern time.

www.silversneakers.com

Humana®

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