

Silver Sneakers® fitness

Blue Medicare Advantage (PPO)

Blue Medicare Advantage Comprehensive (PPO)

Tivity Health™ Silver Sneakers® Fitness

Silver Sneakers 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.

Blue Cross and Blue Shield of Kansas Medicare Advantage (PPO) benefit

Blue Cross and Blue Shield of Kansas (BCBSKS) Medicare Advantage (PPO) is a Medicare Advantage plan 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 BCBSKS to offer enriched plans by using Original Medicare as the base program and adding desired benefit options such as Silver Sneakers fitness.

Coverage for the Silver Sneakers fitness program is provided to members under all BCBSKS Medicare Advantage (PPO) individual plans. 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 BCBSKS for individual coverage.

Benefits include:

- Silver Sneakers membership at any participating facility location across the country
- Silver Sneakers home fitness program kits for members without convenient access to a participating Silver Sneakers facility
- Fitness challenges
- An activity tracking fitness device or application
- A rewards program
- Online access to a resource library
- A quarterly newsletter
- Healthy-aging classes (available online or in DVD format)

Eligible members will receive a Silver Sneakers membership card and may enroll at one of the participating fitness centers. Members must show their BCBSKS Medicare Advantage (PPO) identification card when enrolling at one of the participating fitness centers. Members not in close proximity to a contracted fitness center may request a Silver Sneakers in home fitness program kit.

Conditions for benefit

The Silver Sneakers 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 Silver Sneakers 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, log on to Availity. From the BCBSKS payer space in the resource tab, select the Blue Medicare Advantage Link.

Contact information

Members with questions concerning Silver Sneakers benefits can call Blue Cross and Blue Shield of Kansas Medicare Advantage Plans at 800-222-7645 (TTY: 711), or Tivity Health Servicing at 888-423-4632 (TTY:711).

Information on Silver Sneakers is also available on the website: www.tivityhealth.com/silversneakers.

Revisions

Policy number: PR MASS A001

01/01/2020	Policy effective
03/01/2023	Updated to reflect 2023 benefits and plan offerings