

Free Membership for Ages 65 and older if your Part C Insurance (Medicare Advantage) Qualifies

Call 844-437-9197 to find out

Silver Sneakers Eligibility Information

Medicare Part A and Part B do not cover SilverSneakers or any other basic fitness services. These services, are however covered by **some Medicare Part C plans**, which is also known as Medicare Advantage. If you aren't currently enrolled in a Medicare Advantage Plan, you may be eligible for coverage. Medicare Coverage Finder will help you find Medicare Advantage quotes for free. Start by entering your zip code at <https://www.medicarecoveragefinder.com/plans/silversneakers> or by calling our toll-free number at the top of the page to speak to a licensed representative.

SilverSneakers is a nationwide program that encourages and facilitates seniors to maintain better control of their health through physical activity. SilverSneakers membership grants access to any participating gym location as well as health education seminars and a range of social events to promote good mental health.

When can I enroll in a Medicare Advantage plan?

Medicare Advantage has 3 times to sign up.

1. Initial Election Period when you first become eligible for Medicare or when you turn 65. This is a 7-month period which includes the 3 months before the month you turn 65, the month you turn 65, and the 3 months following the month you turn 65.
2. Medicare Annual Election Period which is from October 15- December 7 every year.
3. Special Election Periods are when certain events cause you to lose coverage or gain additional benefits like moving or becoming eligible for Medicaid.