



## Providence Medicare Advantage Plans makes staying healthy more affordable

### SilverSneakers

With Providence Medicare Advantage Plans, it's easy and affordable to stay fit, have fun and make friends using your complimentary SilverSneakers® Fitness Program membership. SilverSneakers members have access to more than 9,500 participating locations across the country, where on-site staff members are available to help them meet their personal wellness goals. Locations offer amenities such as exercise equipment and SilverSneakers fitness classes designed specifically for older adults and taught by certified instructors. Get started today!

### SilverSneakers Online

The SilverSneakers website, [www.silversneakers.com/member](http://www.silversneakers.com/member), provides a comprehensive, easy-to-use wellness resource. Being part of a thriving and secure online community allows members to create exercise and nutrition plans, track fitness progress, find health articles and recipes, and more.

[www.silversneakers.com](http://www.silversneakers.com) | [www.ProvidenceHealthPlan.com](http://www.ProvidenceHealthPlan.com)

### SilverSneakers® Steps

SilverSneakers Steps is a personalized fitness program that fits the lifestyle of members who don't have convenient access to a SilverSneakers location (location is 15 miles or more from their home). Steps members receive a kit with the wellness tools they need to get fit.

### Enroll in Providence Medicare Advantage Plans today and get SilverSneakers!

To find out more about what you'll receive as a Providence Medicare Advantage Plan and SilverSneakers member, please call the Providence Medicare Advantage Plans Customer Service Team at (503) 574-8000 or 1-800-603-2340. If you are hearing impaired and use a Teletype (TTY) Device, please call our TTY line at (503) 574-8702 or 1-888-244-6642. Customer Service assistance is available to answer questions, seven days a week, between 8 a.m. and 8 p.m. (Pacific Time).



# Participating Locations

## Battle Ground

### Snap Fitness - Battle Ground

2312 W. Main St.  
(360) 723-0100

Amenities: E

## Camas

### LaCamas Swim & Sport

2950 N.W. 38th Ave.  
(360) 834-8506

Amenities: E, S, P, W, SC

### Snap Fitness - Camas

3316 N.E. Third Ave.  
(360) 844-5584

Amenities: E

## Vancouver

### 24 Hour Fitness -

### Vancouver

### Andresen Sport

3021 N.E. 72nd Dr.  
Ste. 15

(360) 713-0223

Amenities: E, S, P, W

### 24 Hour Fitness -

### Vancouver st Ave

### Super Sport

13019 N.E. Fourth  
Plain Rd.

(360) 253-4033

Amenities: E, S, P, W, SC

## Vancouver (cont.)

### Firstenburg

### Community Center

700 N.E. 136th Ave.  
(360) 487-7001

Amenities: E, P, W, SC

### Lake Shore

### Athletic Club

2401 N.W. 94th St.  
(360) 574-1991

Amenities: E, S, P, W, SC

## Amenities Legend

<b>E</b>	Exercise Equipment
<b>S</b>	Steam/Sauna
<b>P</b>	Pool
<b>W</b>	Whirlpool
<b>SC</b>	SilverSneakers Classes
<b>*</b>	Seasonal Pool



Lists are subject to change and are updated regularly. Please visit [www.silversneakers.com](http://www.silversneakers.com) for the most recent location updates.

**Women-only** locations, including Curves®, are available nationwide. For a Curves location near you, please visit [www.silversneakers.com](http://www.silversneakers.com) or call 1-888-423-4632 (TTY: 711), Monday through Friday 8 a.m. to 8 p.m. Eastern.

Providence Health Plan is a health plan with a Medicare contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

SilverSneakers® is a registered mark of Healthways, Inc.