

SilverSneakers® Fitness

Applies to:

- Blue Cross Blue Shield Nebraska MA Core (HMO)
- Blue Cross Blue Shield Nebraska MA Choice (HMO-POS)



Tivity Health™ SilverSneakers® Fitness

SilverSneakers 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.

MA Core (HMO) and MA Choice (HMO-POS) Enhanced Benefit

MA Core (HMO) and MA Choice (HMO-POS) are Medicare Advantage plans, that provide 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 Blue Cross Blue Shield of Nebraska to offer enriched plans by using Original Medicare as the base program and adding desired benefit options such as SilverSneakers fitness.

Coverage for the SilverSneakers fitness program is provided to members under both the individual MA Core (HMO) and MA Choice (HMO-POS) 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 Blue Cross Blue Shield of Nebraska for individual coverage.

Benefits include:

- SilverSneakers membership at any participating facility location across the country
- Customized SilverSneakers classes and seminars
- A trained senior advisor at the fitness center to show the member around and help them get started
- Conditioning classes, exercise equipment, and may include a pool, sauna or other amenities
- Online support that can help members lose weight, reduce stress or quit smoking
- SilverSneakers Steps program for members without convenient access to a participating SilverSneakers facility

Eligible members will receive a SilverSneakers membership card and may enroll at one of the participating fitness centers. Members must show their Blue Cross Blue Shield of Nebraska Medicare Advantage Core (HMO) or Choice (HMO-POS) identification card when enrolling at one of the participating fitness centers.

Members not in close proximity to a contracted fitness center may request SilverSneakers Steps, an at-home exercise kit from the vendor that includes a drawstring bag, pedometer, exercise resistance bands, exercise DVD and exercise cards.

Conditions for Benefit

The SilverSneakers 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.

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 benefits and cost-share, providers may call 888-505-2022.

Contact Information

Members with questions concerning SilverSneakers benefits can call Tivity Health™ Servicing at 1-866-678-0828 or visit the website: www.silversneakers.com.

Revision history

Policy number: NEHMO 1006

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06/17/2017: updated 'Healthways' to 'Tivity Health™' to reflect company name change.