



Fitness benefit update

FitOn Health will stop managing the fitness program on July 31, 2025. Please ignore any reference to FitOn Health in the 2025 plan materials.

On August 1, 2025, SilverSneakers® will begin managing the fitness program.

SilverSneakers offers many ways to help you reach your health and fitness goals, all at no extra cost to you:

- **\$0 copay for gym membership** at participating locations, including group fitness classes.
- **SilverSneakers LIVE:** Full-length live virtual classes from the comfort of home.
- **On-demand online workouts** available anytime at [SilverSneakers.com](https://www.silversneakers.com).
- **SilverSneakers GO mobile app:** Get workout ideas, keep tabs on your progress, and stay motivated on the go.

Have questions or want to find a participating gym?

Visit [SilverSneakers.com](https://www.silversneakers.com) or call **833.236.0183** (TTY: 711).

[CapitalBlueMedicare.com](https://www.CapitalBlueMedicare.com)



SilverSneakers® is a program of Tivity Health, Inc. On behalf Capital Blue Cross, Tivity Health, Inc. assists in the administration of this fitness program. Tivity Health, Inc. is an independent company as of August 1, 2025.

On behalf of Capital Blue Cross, FitOn Health, an independent company, assists in the administration of this fitness program through July 31, 2025.

Healthcare benefit programs issued or administered by Capital Blue Cross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company®, and Keystone Health Plan® Central. Independent licensees of the Blue Cross Blue Shield Association. Communications issued by Capital Blue Cross in its capacity as administrator of programs and provider relations for all companies.

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