



PRIMETIME Choices
Medicare Supplement Insurance offered by AulCare Insurance Company
Canton, Ohio

Now's **Your** Time to Move With SilverSneakers



SilverSneakers® is more than a traditional fitness program. It's an opportunity to improve your health, gain confidence and connect with your community. Plus, it's included **at no additional cost** when you enroll in **PrimeTime Choices**.



In the gym

- Thousands of participating locations¹ nationwide with various amenities
- Ability to enroll at multiple locations at any time
- SilverSneakers classes² designed for all levels



At home or on the go

- SilverSneakers LIVE online classes and workshops led by specially trained instructors, 7 days a week
- SilverSneakers On-Demand videos available 24/7
- SilverSneakers GO mobile app with personalized program resources, adjustable workout plans and more



In your community

- Group activities and classes² offered outside the gym
- Events including shared meals, holiday celebrations and class socials and abilities



You can get your SilverSneakers member ID number and start using the program once you enroll in PrimeTime Choices.

[SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)



Questions? Call us. 1-888-423-4632 (TTY:711) Monday-Friday 8 a.m. - 8 p.m. ET

Notes:

Always talk with your doctor before starting an exercise program.

1. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Inclusion of specific PLs is not guaranteed.
2. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

If you, or someone you are helping, have questions about AultCare/Aultra you have the right to get help and information in your language at no cost. To speak with an interpreter, call Local: 330.363.6360 Outside Stark County: 1.800.344.8858 TTY Local: 711 Outside Stark County: 711. Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca AultCare/Aultra tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al Local : 330.363.6360 Fuera del condado de Stark : 1.800.344.8858 TTY Local: 711 Fuera del condado de Stark : 711. 如果您, 或是您正在協助的對象, 有關於 AultCare/Aultra保險公司 方面的問題, 您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員, 請撥電話 本地 : 330.363.6360 斯塔克縣外 : 1.800.344.8858 TTY線 本地 : 711 斯塔克縣外 : 711. AultCare/Aultra complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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