

THE SILVERSNEAKERS® FITNESS PROGRAM: HOW IT CAN HELP YOUR PATIENTS

Highmark Blue Shield members have a great way to get fit, have fun and make friends – **all at no additional cost!**

The SilverSneakers Fitness Program provided by Highmark is designed specifically for Medicare beneficiaries. The program concentrates on improving strength and flexibility so daily living activities become easier. It's a fun way to stay in shape and increase social interaction, and it's offered to members enrolled in Highmark's Medicare Advantage and Medigap plans. As the nation's leading exercise program designed exclusively for older adults, SilverSneakers engages members and helps keep them motivated to improve their own health and well-being.

What does the SilverSneakers Fitness Program offer for Highmark members?

- A basic fitness membership at a conveniently located participating site
- SilverSneakers classes that are easy on joints, help improve balance and muscle strength, and are led by experienced, caring instructors certified in older-adult fitness programming
- Exercise options for members at all levels of fitness
- A comfortable environment where members can meet new people who share their health goals, participate in social activities and receive health education
- Senior AdvisorsSM who serve as members' contact for information and personalized, friendly service
- More than 2,700 participating locations. See attached list or visit www.silversneakers.com to find a SilverSneakers location.

Those members who don't live near a participating SilverSneakers location can join the SilverSneakers® Steps program. SilverSneakers Steps is a self-directed, pedometer-based physical activity and walking program that allows members to measure, track and increase their activities and provides the equipment, tools and motivation necessary for them to achieve a healthier lifestyle. Steps includes a PET (Personal Exercise Tracker) for counting daily steps, an activity planner and tracking logs, *Healthy Steps* quarterly newsletter and access to members' toll-free phone line and Web site.

SilverSneakers engages members and helps keep them motivated to improve their own health and well-being.

Highmark Blue Shield members eligible for SilverSneakers:

- FreedomBlue PFFS
- FreedomBlue PPO
- MedigapBlue



Impact of Regular Physical Activity

Primary Prevention

- Reduces the risk of developing:
 - Heart disease
 - Stroke
 - Hypertension
 - Type 2 diabetes
 - Colon cancer
 - Breast cancer
 - Osteoporosis
 - Falls and related injuries
- Increases strength
- Boosts metabolic rate
- Reduces body fat percentage
- Increases bone mineral density
- Improves cognitive function
- Assists with weight management
- Prolongs independence
- Enhances social well-being
- Improves health status
- Enriches quality of life

The SilverSneakers Fitness Program, a service provided by Highmark for its members, is designed to address many of the chronic conditions seen in the older-adult population, including the following.

Diabetes

Beginning and keeping good health habits is key to helping control type 2 diabetes. Walking, stair climbing, low-impact activities and weight training are some exercises recommended for those at risk.

Hypertension

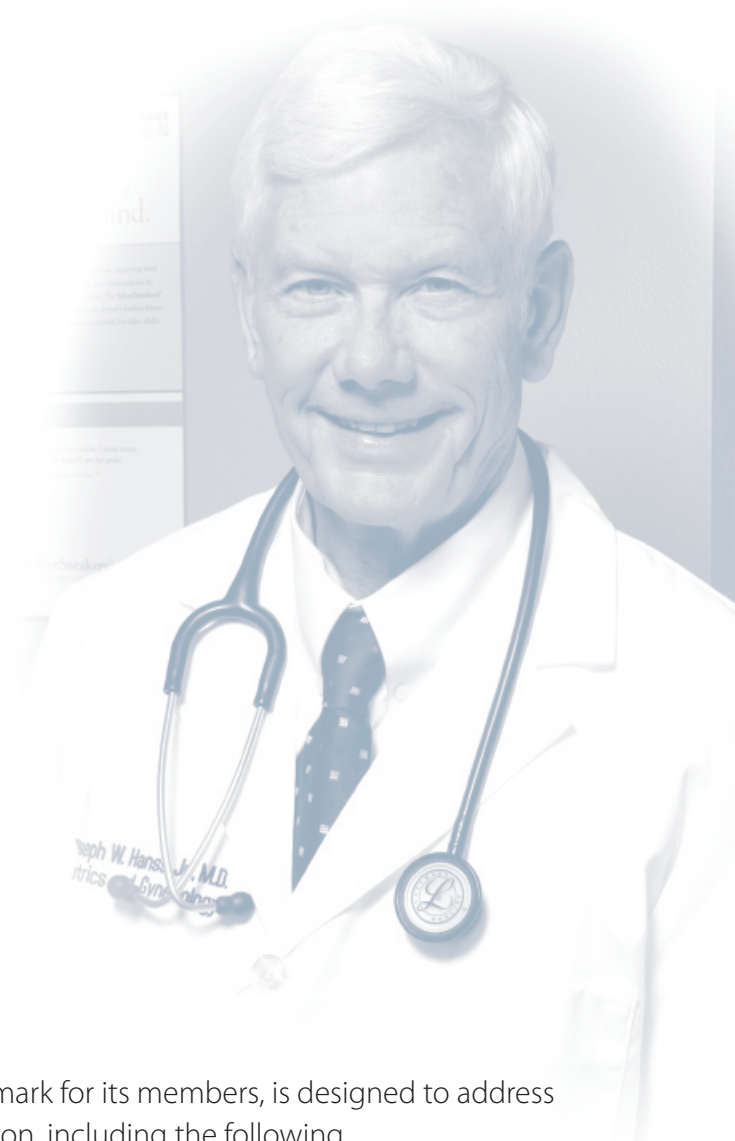
Exercise and diet help manage hypertension. Some exercises recommended for hypertension include brisk walking, moderate aerobics classes and low-impact activities.

Depression

Exercise has been shown to help reduce depression symptoms among patients with major depressive disorder.

Congestive Heart Failure

Exercise is associated with improved symptoms, exercise capacity and functional well-being in patients with CHF. Better results may be achieved when exercise is combined with peer-group support and health education regarding lifestyle changes.



Osteoporosis

Exercises that focus on bone health include weight-bearing and resistance exercises, such as walking, stair climbing, low-impact activities and weight training.

Osteoarthritis

Aerobic and resistance exercises, such as walking, weight-training and water exercises, are effective in reducing pain, improving range of motion and reducing disability. Among SilverSneakers class offerings is SilverSplash®, an aqua exercise class designed specifically for older adults.

Refer your Highmark Blue Shield members to enroll at a participating SilverSneakers Fitness Program location today!

Participating SilverSneakers Locations

<p>Adams Gettysburg Gettysburg Rehab at Herr's Ridge 820 Chambersburg Rd. 717-337-4206 Amenities: E, P, SC</p>	<p>Sinking Spring <i>(cont.)</i> Spring Valley Athletic Club 4920 Penn Ave. 610-678-0484 Amenities: E, S, SC</p>	<p>Clinton Lock Haven Fitness Unlimited - Lock Haven Rear 121 E. Main St. 570-748-4164 Amenities: E, S, SC</p>	<p>Shippensburg Shippensburg Fitness Center 117 W. Burd St. 717-530-1668 Amenities: E, S, SC</p>
<p>Go Sport Physical Therapy 705 Old Harrisburg Rd. Ste. 4 717-337-3300 Amenities: E, P, SC</p>	<p>Temple Bodyworks Health & Fitness Club 5370 N. 5th St. Hwy. 610-921-2422 Amenities: E, SC</p>	<p>Columbia Berwick Berwick Area YMCA 231 W. 3rd St. 570-752-5981 Amenities: E, S, P, SC</p>	<p>Dauphin Harrisburg Gold's Gym Harrisburg 4251 Chambers Hill Rd. 717-564-1829 Amenities: E, SC</p>
<p>Berks Reading Jewish Community Center of Reading 1700 City Line St. 610-921-0624 Amenities: E, S, P, W, SC</p>	<p>Wyomissing Body Zone Sports & Wellness Complex 3103 Paper Mill Rd. 610-376-2100 Amenities: E, P, W, SC</p>	<p>Bloomsburg Bloomsburg Area YMCA 30 E. 7th St. 570-784-0188 Amenities: E, P, SC</p>	<p>Platinum 7015 Old Jonestown Rd. 717-652-7490 Amenities: E, S, SC</p>
<p>Valhalla Health & Fitness Club 4970 DeMoss Rd. 610-779-6006 Amenities: E, S, SC</p>	<p>Centre Bellefonte Total Fitness & Tanning 116 S. Spring St. 814-355-3982 Amenities: E, S, SC</p>	<p>Cumberland Camp Hill Annex Sports and Fitness 3608 Hartzdale Dr. 717-730-8700 Amenities: E, SC</p>	<p>Hershey The Family Athletic Club of Hershey 3003 Elizabethtown Rd. 717-534-2340 Amenities: E, SC</p>
<p>Sinking Spring Colonial Fitness 172 Shillington Rd. 610-777-7801 Amenities: E, S, SC</p>	<p>Philipsburg Moshannon Valley YMCA 103 N. 14th St. 814-342-0889 Amenities: E, SC</p>	<p>Carlisle Gold's Gym - Carlisle 1225 Ritner Hwy. 717-218-0282 Amenities: E, S, SC</p>	

**Franklin
Chambersburg
Results Therapy & Fitness**
1600 Orchard Dr.
717-262-4650
Amenities: E, SC

**Juniata
McAlisterville
Fayette Area Lions Den
Fitness & Recreation
Center**
10 Sieber Rd.
717-463-3300
Amenities: E, SC

**Lackawanna
Carbondale
Carbondale YMCA**
82 N. Main St.
570-282-2210
Amenities: E, S, P, SC

**Clarks Summit
Birchwood Tennis &
Fitness Club**
105 Edella Rd.
570-586-4030
Amenities: E, S, SC

**Daleville
North Pocono
FitnessQuest**
6270 Rte. 502
570-842-2000
Amenities: E, S, SC

**Mayfield
Racquetters Fitness and
Health**
603 Rte. 6
570-876-5432
Amenities: E, S, SC

**Scranton
Downtown Fitness**
117 Wyoming Ave.
570-344-6002
Amenities: E, SC
Parking validated.

**Scranton (cont.)
Uno Fitness**
3 W. Olive St., Ste. 210
570-341-9811
Amenities: E, SC

**Scranton/Dunmore
Greater Scranton YMCA**
706 N. Blakely St.
570-342-8115
Amenities: E, P, W, SC

**Lancaster
Elizabethtown
Masonic Life Center**
Masonic Village at
Elizabethtown;
One Masonic Dr.
717-361-5699
Amenities: E, P, W, SC

**Lancaster
Universal Athletic Club**
2323 Oregon Pike
717-569-5396
Amenities: E, S, P, W, SC

**Lebanon
Annville
Annville Fitness Center**
807 E. Main St. (rear)
717-867-2421
Amenities: E, SC

**Lehigh
Allentown
Allentown YMCA & YWCA**
425 S. 15th St.
610-434-9333
Amenities: E, S, P, SC

**Bethlehem
Bethlehem YMCA**
430 E. Broad St.
610-867-7588
Amenities: E, S, P, W, SC

**Catasauqua
Suburban North
Family YMCA**
880 Walnut St.
610-264-5221
Amenities: E, S, SC

**New Tripoli
Northwestern Lehigh
School District**
6493 Rte. 309
610-298-8661
Amenities: SC

**Trexlerstown
O2 OxyFit**
7150 Hamilton Blvd.
610-391-0040
Amenities: E, SC

**Luzerne
Dallas
Shapes Total Fitness**
1144 Memorial Hwy.
570-675-4141
Amenities: E, S, SC

**Hazleton/Conyngham
Gerrie's Fitness Center**
20 Gould's Ln.
570-788-3881
Amenities: E, SC

**Pittston
Greater Pittston YMCA**
10 N. Main St.
570-655-2255
Amenities: E, S, P, SC

**Wilkes-Barre
Wilkes-Barre Family YMCA**
40 W. Northampton St.
570-823-2191
Amenities: E, P, SC

**Lycoming
Williamsport
Williamsport YMCA**
320 Elmira St.
570-323-7134
Amenities: E, P, SC

**Mifflin
Lewistown/Burnham
Juniata Valley YMCA**
105 1st Ave.
717-248-5019
Amenities: E, P, SC

**Monroe
Mt. Pocono
Pocono Mountain Fitness**
4 Fork St.
570-839-8002
Amenities: E, S, SC

**Stroudsburg
Pocono Family YMCA**
809 Main St.
570-421-2525
Amenities: E, S, P, W, SC

**Montour
Danville
Danville Area
Community Center**
1 Liberty St.
570-275-3001
Amenities: E, P, SC

**Northampton
Easton
Family YMCA of Easton,
Philipsburg & Vicinity**
1225 W. Lafayette St.
610-258-6158
Amenities: E, S, P, W, SC

continued

Nazareth
Nazareth YMCA
33 S. Main St.
610-759-3440
Amenities: E, S, P, W, SC

Northumberland
Elysburg
Results Gym and Spa
11 W. Mill St.
570-672-9348
Amenities: E, S, SC

Lewisburg/Milton
Heart Line Health & Fitness
3114 Rte. 405
570-524-5200
Amenities: E, S, SC

Perry
Duncannon
Duncannon Senior Citizens Center
27 N. High St.
717-834-4777
Amenities: SC

Pike
Dingmans Ferry
Pike Physical Therapy & Fitness Center
1346 Rte. 739
570-686-4300
Amenities: E, SC

Schuylkill
Ashland
Center Street Fitness
1028 Center St.
570-875-2086
Amenities: E, SC

St. Clair
Gudinas & Kristoff Xtreme Fitness Center
17 N. Front St.
570-429-2404
Amenities: E, SC

Tamaqua
The Station
109 W. Cottage Ave.
570-668-4013
Amenities: E, S, SC

Snyder
Beaver Springs Middlecreek Area Community Center
67 Elm St.
570-658-2276
Amenities: E, SC

Shamokin Dam
Champs Gym & Fitness
15 Stetler Ave.
570-743-6411
Amenities: E, SC

Susquehanna
New Milford Blue Ridge Racquet & Health Club
305 Church St.
570-465-3282
Amenities: E, S, SC

Tioga
State College Victory Sports and Fitness
178 Rolling Ridge Dr.
Hills Plaza South
814-235-7676
Amenities: E, SC

Wayne
Honesdale
Wayne County - YMCA
105 Park St.
570-253-2083
Amenities: E, SC

Wyoming
Tunkhannock High Energy Fitness & Karate
6 Cross Country Complex
570-836-0156
Amenities: E, S, SC

York
Dover
Bob Hoffman YMCA
1705 Palomino Rd.
717-292-5622
Amenities: E, SC

Hanover
Club 2000 Health & Fitness Center
28 Baltimore St.
717-632-6009
Amenities: E, SC

Shrewsbury
Southern Branch YMCA
100 Constitution Ave.
717-235-0446
Amenities: E, P, SC

York
Eastern York County YMCA
4075 E. Market St., Ste. 2
717-755-7144
Amenities: E, SC

York (cont.)
Leader Health & Fitness
2500 S. George St.
717-747-8590
Amenities: E, P*, SC

YMCA of York
90 N. Newberry St.
717-843-7884
Amenities: E, P, SC

Amenities Legend

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