

How to Check if You Have SilverSneakers, Renew Active, or Silver & Fit with Medicare or Your Insurance

Step 1: Gather Your Information

Before you start, have the following ready:

- Your Medicare card or insurance card.
- Your insurance company's name and phone number (usually found on the back of your card).

Step 2: Call Your Insurance Company

1. **Find the customer service phone number:** This is usually on the back of your insurance card.
2. **Dial the number:** Follow the prompts to speak with a representative.
3. **Ask the representative:**
 - "Can you check if I have the SilverSneakers, Renew Active, or Silver & Fit benefit with my plan?"
 - Provide any information they ask for, like your name, date of birth, or member ID number.

Step 3: Use the Insurance Company's Website (Optional)

If you prefer using the internet, you can:

1. **Visit your insurance company's website:** The web address is usually printed on your insurance card.
2. **Log in to your account:** You might need to create an account if you don't have one.
3. **Search for your benefits:** Look for sections like "Fitness Programs," "Wellness Benefits," or "Member Resources" to see if you have the SilverSneakers, Renew Active, or Silver & Fit benefit.

Step 4: Visit the Program Websites

You can also check directly with the program websites:

1. SilverSneakers:

- Visit silversneakers.com.
- Click on "Check My Eligibility" and enter your information.

2. Renew Active:

- Visit uhcrenewactive.com.
- Look for an "Eligibility" section and enter your details.

3. Silver & Fit:

- Visit silverandfit.com.
- Click on "Check Eligibility" and follow the prompts.

Step 5: Ask for Help (Optional)

If you need help at any point:

- **Ask a family member or friend** to assist you.
- **Call your insurance company again** if you're unsure.