

# CDPHP Senior Fit®: Making All the Right Moves

You can be stronger and CDPHP will help.  
Staying active is the key.



A plan for life.

A health plan with a Medicare contract.

Upon joining a Medicare Choices plan, every member receives a telephone outreach call from a CDPHP® Health Ally<sup>SM</sup> professional. After assessing your current health status, this helpful advisor may suggest ways that we can help you achieve a more active lifestyle.

## CDPHP Senior Fit<sup>®</sup>

### HELPING YOU STAY FIT

Vitality doesn't just happen automatically, especially as you age. You have to work at it! But regular workouts and fitness classes may be easier to handle when you don't have to pay for them. As a CDPHP Medicare Choices member, you will have no-cost access to numerous CDPHP Senior Fit<sup>®</sup> programs and locations:

- **SilverSneakers<sup>®</sup> participating gyms**—Many sites have saunas, steam rooms, and heated pools. Attend SilverSneakers classes designed specifically to help those 65 and older improve their flexibility, balance, endurance, and energy levels.
- **Curves<sup>®</sup>**— Get a complete workout in 30 minutes. There are dozens of these women-only circuit-training facilities in upstate New York.
- **SilverSneakers Steps**—No fitness facilities nearby? Enroll in this self-directed, pedometer-based walking and physical activity program. You will receive the equipment and motivation you need to achieve a healthier lifestyle.

- **Capital District YMCA (CDYMCA)**—Choose one of 12 conveniently located gyms, complete with exercise equipment and fitness classes. Many also have pools, saunas, and indoor walking tracks.

Refer to the insert in this brochure for details about the gyms available in your locale. Enroll at a participating location by presenting your CDPHP Medicare Choices ID card.

Questions? You can contact SilverSneakers at 1-888-423-4632 or [www.silversneakers.com](http://www.silversneakers.com); CDYMCA at (518) 869-3500 or [www.cdymca.org](http://www.cdymca.org); and Curves at 1-800-848-1096 or [www.curves.com](http://www.curves.com).



### A RANGE OF OTHER WELLNESS OPTIONS

In addition to explaining CDPHP Senior Fit, your CDPHP Health Ally contact will be able to steer you to other CDPHP programs that are right for your situation, including:

- **Wellness workshops**—CDPHP offers no-cost classes year-round throughout our service area. Try Tai Chi, yoga, body-sculpting, healthy cooking, snowshoeing, and more!

- **Health Coach Connection<sup>SM</sup>**—Connect with a care professional online or by telephone at any hour of the day or night. You will receive no-cost support and advice on tackling your particular health challenges.

- **Complementary and Alternative Medicine (CAM)**—If alternative medicine appeals to you, take advantage of our CAM program which enables you to visit reputable local specialists in acupuncture, massage therapy, personal training, and more at a discount of up to 30 percent off regularly advertised prices.

- **Weigh 2 Be<sup>SM</sup>**—If weight loss is one of your goals, your CDPHP Health Ally advisor might recommend this popular program.



*The products and services described herein are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the CDPHP grievance process.*

*This is an advertisement.*

CDPHP® refers to both Capital District Physicians' Health Plan, Inc., a Medicare Advantage HMO plan, and CDPHP Universal Benefits,® Inc., a Medicare Advantage PPO plan. Both companies are health plans with a Medicare contract. To join, you must have Medicare Parts A and B and live in the service area.



**A plan for life.**

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,® Inc.  
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