



# RETIREE FITNESS RESOURCES

*Get fit for less!*

**Discounts at Fitness Centers:** SFHSS has negotiated **discounts** at a variety of clubs, including: Crunch, Fitness SF, LiveFitGym, StudioMix, Planet Fitness, Federal Fitness Center, and Sonora Sport and Fitness Center. You can find details at: <http://myhss.org/well-being/downloads/EmployeeFitnessDiscounts.pdf>.

**Fitness Memberships and Discounts Through Your Health Plan:** Each health plan offers **discounts** to fitness centers. Certain plans include fitness center memberships. See the second page of this document for details.

**HSS Wellness Center and City Hall Free Classes:** Attend one of the **free** group exercise classes including yoga, Zumba and more: <http://myhss.org/well-being/exerciseclasses.html>.

**Daily Challenge:** Take physical activity one step and one day at a time with the Daily Challenge. Receive one activity each day via email or text to try to increase your physical activity. Go to <http://myhss.org/well-being/dailychallenge.html> and select from one of these 28-day tracks: Exercise for Everyone, Senior Exercise, Flexibility and Posture, Wonderful Walks, and Simple Yoga.

**Always Active Classes:** Seniors in San Francisco can attend **free** exercise and health education classes: For more information call (415) 550-2265 or check out [www.alwaysactive.org](http://www.alwaysactive.org).

**SF Rec and Parks:** Attend one of the **free** Zumba classes or Healthy People, Healthy Parks walks, or register for a low-cost group exercise or senior class: <http://sfrecpark.org/>.

**Tai Chi for Arthritis and Fall Prevention Classes:** Seniors in San Francisco can register for a series of **free** classes to increase physical activity and reduce the risk of falls and injuries. Check out <http://taichiforafp.weebly.com/>.

**SEE BACK FOR DISCOUNTS AND OFFERS FROM YOUR HEALTH PLAN.**

# FITNESS DISCOUNTS & OFFERS FOR RETIREES

## Blue Shield Retirees

Under the age of 65 and not eligible for Medicare

### 24 Hour Fitness Discount:

- Waived enrollment, processing and initiation fees
- Discounted monthly dues—as low as \$24.99 a month.

### Renaissance Club Sport, Club Sport Discount:

- 60% discount on enrollment when joining with a month-to-month agreement
- \$0 enrollment fee when joining with a 12-month agreement (there is a one-time \$25 processing fee when you enroll)
- Two complimentary personal training sessions for each new member (a \$150 value)
- Three hours of complimentary childcare with a family membership

To learn more go to [www.blueshieldca.com/wellnessdiscounts](http://www.blueshieldca.com/wellnessdiscounts) or call Blue Shield Member Services at 1-800-642-6155.

## Kaiser Permanente

Medicare Advantage Members

### Silver & Fit Program

#### How to Register:

#### Online

1. Go to [silverandfit.com](http://silverandfit.com)
2. Register to use the website
3. Choose a fitness facility or sign up for the home fitness program. Enter zip code to locate nearby participating facilities.
4. Print your welcome letter and take your fitness card to the fitness facility and start exercising!

#### By Phone

Call toll free at 1-877-427-4788 (TTY 1-877-710-2746), Monday through Friday, 5 a.m. to 6 p.m. Pacific time to select a fitness facility convenient to their location or sign up for the Home Fitness program.

- Silver & Fit will mail a welcome letter within 72 hours of account activation.
- Members should bring this welcome letter to the selected facility.

## Kaiser Permanente

All Retiree Members

### Choose Healthy Discount Program:

- 10% discount on membership rates at participating fitness facilities

#### To Get Started:

1. 10% discount on membership rates at participating fitness facilities
2. Select the “Find a Provider” tab
3. Select the drop down menu “Fitness Club” option
4. Select your desired search criteria (zip code, State, by facility name) to find the nearest location

Find more details:

<http://myhss.org/well-being/downloads/ChooseHealthy.pdf>

## United Healthcare/City Plan

Retiree Members

### United Health Allies Discount Program:

- 50% or more discount on the enrollment fee
- 10-20% monthly fee discount to Anytime Fitness, Curves, Gold’s Gym, Jazzercise, Life Time Fitness, MyGym and Snap Fitness
- Discount is available to anyone living within the subscriber’s household

#### To Get Started:

1. Go to [www.myuhc.com](http://www.myuhc.com), or call 1-800-860-8773 to obtain verification of the discount
2. Take the verification when you go sign up

Find more details: [http://myhss.org/well-being/downloads/UHC\\_HealthAlliesUHG1005354.pdf](http://myhss.org/well-being/downloads/UHC_HealthAlliesUHG1005354.pdf)

## United Healthcare National PPO/ Medicare Advantage Plan Members

### Silver Sneakers Free Membership Program:

#### To Get Started:

1. Enroll in Silver Sneakers by calling Healthways at 1-888-423-4632 to have your membership card sent to you
2. To find a participating fitness center: Go to [www.silversneakers.com](http://www.silversneakers.com) or call Healthways at 1-888-423-4632
3. Take your Silver Sneakers ID card to the closest location and sign up

For more details:

[http://myhss.org/well-being/downloads/UHC\\_SilverSneakersFlyer.pdf](http://myhss.org/well-being/downloads/UHC_SilverSneakersFlyer.pdf)

UHC NPPO members also have access to all of the United Health Allies discounts available to all United Healthcare/City Plan members.