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Senior Fitness Programs

Presentation From Rep. Cassandra Hernandez

District 3





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How Do Senior Fitness Programs Help Seniors?

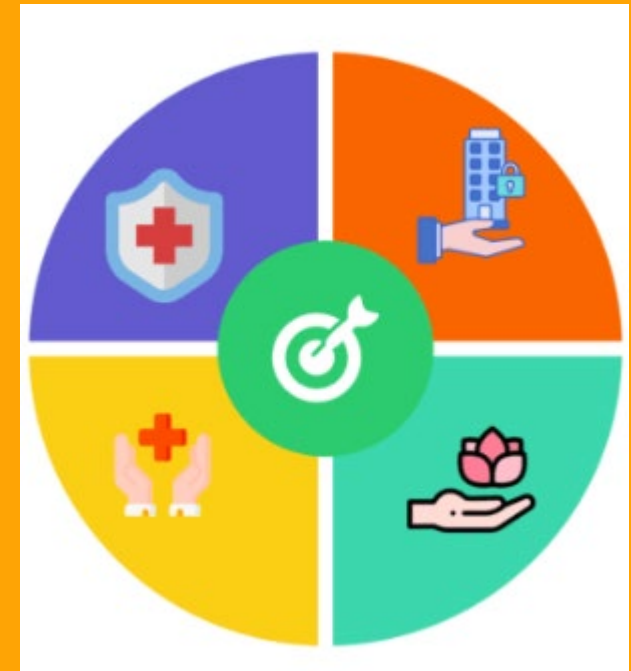


Types of Senior Fitness Programs

Available through Medicare Advantage or health care plan

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How does Medicare Work in Texas & Who Qualifies?

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- Medicare, a United States federal health insurance program designed to provide and reduce the cost of healthcare services for those who are Medicare-eligible.
- Individuals are eligible for Medicare if they meet one of the following criteria:
 - You're aged 65 or older.
 - You're younger than 65 with eligible disabilities by the Social Security Administration.
 - You have End-Stage Renal Disease (ESRD) or Amyotrophic Lateral Sclerosis (ALS).



El Paso County Statistics on Medicare

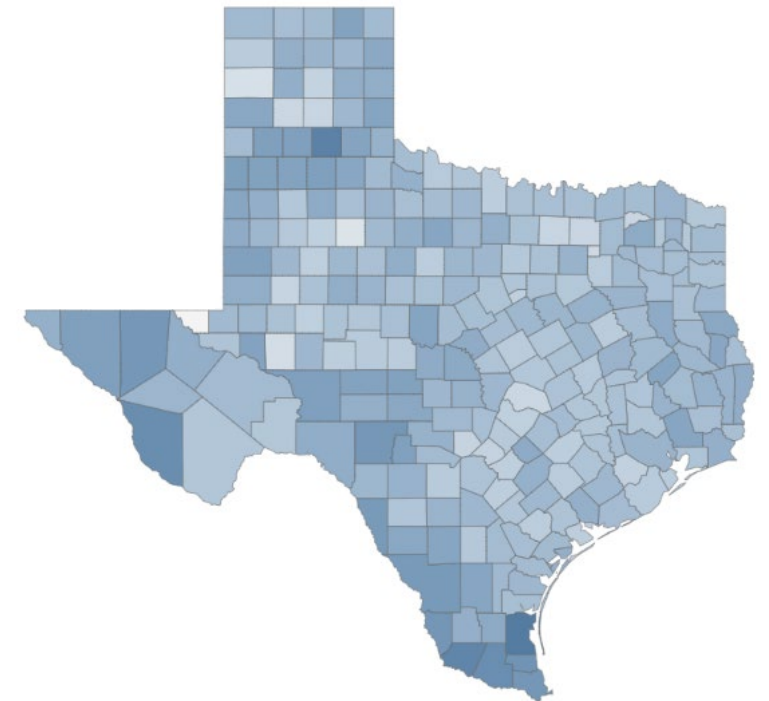
There are **140,556 Medicare-eligible** people living in El Paso County, Texas.

Of the 140,556 Medicare beneficiaries, there are **100,595 enrolled in a Medicare Advantage plan** in El Paso.

That's **71.57%** of those enrolled in Medicare in El Paso.

Information from: [Connie Health](#)

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What is SilverSneakers?

- SilverSneakers, a fitness program that provides participants access to gyms and fitness classes in the area.
- Provides members with nutrition and health tips and also provides an social online wellness community.
- Most Medicare Advantage (Part C) Plans include a SilverSneakers membership. You must first have Original Medicare, then select a **Medicare Advantage Plan** that includes SilverSneakers.

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Benefits

- Access to conditioning classes, all exercise equipment, pools, and other amenities
- Customized Silver Sneakers® classes, designed specifically for older adults and taught by trained, certified instructors.
- Health education seminars and healthy lifestyle events
- Member-only online support to help with weight loss, quitting smoking, or reducing stress

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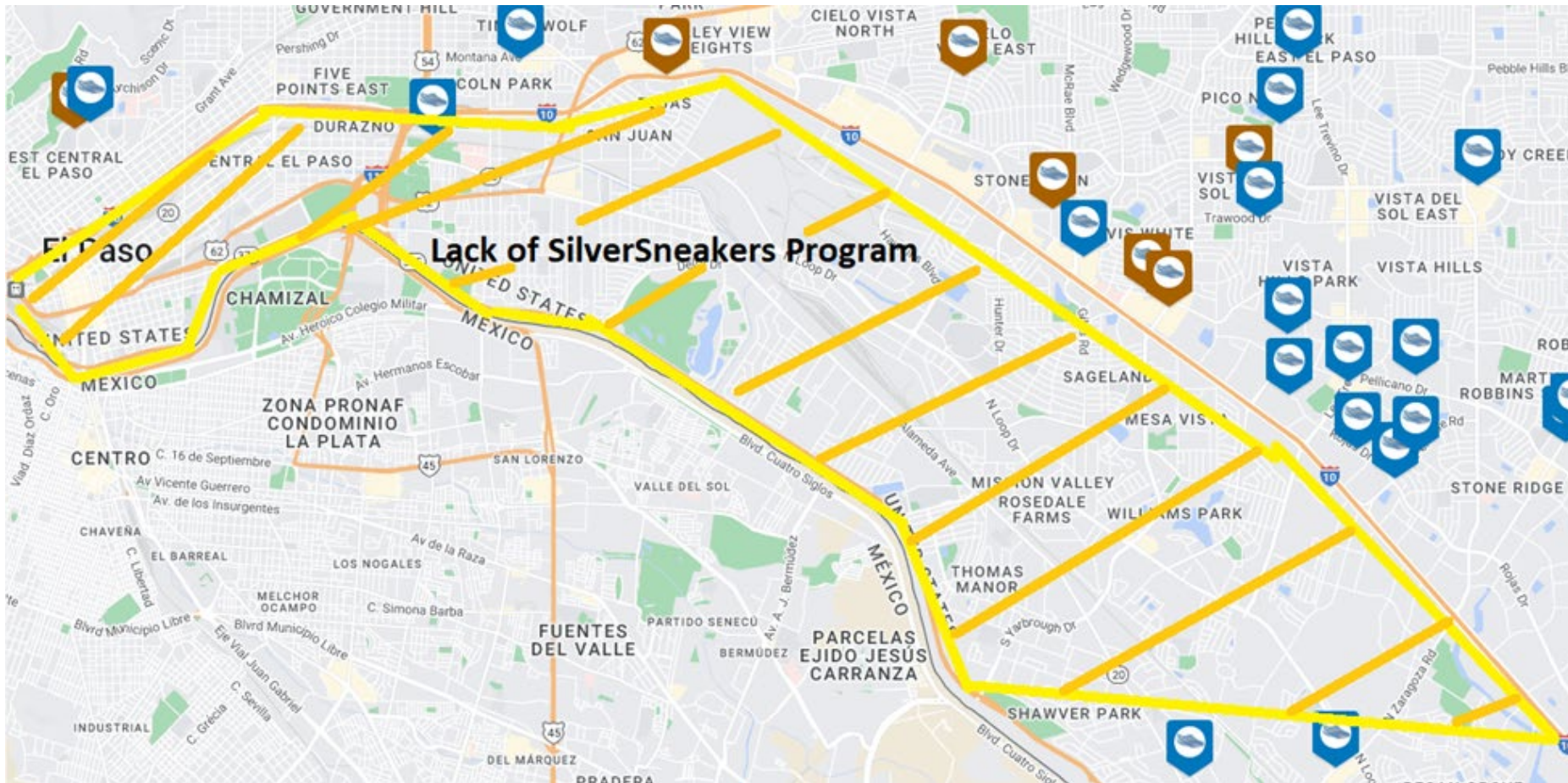
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Lack of SilverSneakers Program



What is Silver and Fit?

- Silver&Fit program provides its members with fitness options and healthy aging resources
- Members who like the flexibility of working out at home can also choose one Home Fitness Kit per benefit year
- May get access to Silver and Fit as a Medicare beneficiaries through many insurance companies' Medicare Advantage and Supplement plans.

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Benefits



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- Resources library full of online classes and healthy aging videos
- Healthy Aging Coaching: Will help individuals meet fitness, nutrition, and lifestyle goals during scheduled phone sessions.
- Access to an expanded network of select fitness centers and 4,000+ Premium locations including fitness centers, studios, and unique fitness.

What is Active & Fit?

- Is a flexible and comprehensive low-cost fitness program offered through American Specialty Health Fitness, Inc. to help individuals become more active
- Provides a broad range of fitness and health care programs nationally.
- **It's only available through AAA, your employer, or your health plan**

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Active & Fit
DIRECT™



Benefits



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- No long-term contract & Flexibility to switch fitness centers anytime
- Activity tracking through the Active&Fit Direct Connected!™ tool, which aggregates data from 250+ wearable fitness devices, apps, and exercise equipment
- Online classes to help get started with exercise or step up your routine

Cities in Texas with Senior Fitness Programs

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Mission

Deliver exceptional services to support a high quality of life and place for our community



Vision

Develop a vibrant regional economy, safe and beautiful neighborhoods and exceptional recreational, cultural and educational opportunities powered by a high performing government



Values

Integrity, Respect, Excellence, Accountability, People

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