

**CITY OF EL PASO, TEXAS
AGENDA ITEM
AGENDA SUMMARY FORM**

DEPARTMENT: Mayor and Council

AGENDA DATE: 5.9.23

CONTACT PERSON NAME AND PHONE NUMBER: Representative Cassandra Hernandez - 212.0003

DISTRICT(S) AFFECTED: 3

STRATEGIC GOAL:

Goal 4 - Enhance El Paso's Quality of Life Through Recreational, Cultural & Educational Environments

Goal 8 - Nurture & Promote a Healthy, Sustainable Community

SUBJECT:

APPROVE a resolution / ordinance / lease to do what? OR AUTHORIZE the City Manager to do what?

Be descriptive of what we want Council to approve. Include \$ amount if applicable.

Discussion and Action to direct the City Manager to prepare Parks & Recreation partnerships and pricing options for Senior fitness programs by accepting insurance and other senior fitness programs such as, but not limited to: Active & Fit, Silver Sneakers, AARP Renew and Silver & Fit and prepare for the upcoming budget Fiscal Year 2024 and that the City Manager is directed to provide calendar period enrollment to allow for monthly, six-months and annual memberships for access to all Parks & Recreation programming, and that these directives are in alignment with the City's strategic goals of enhancing El Paso's Quality of Life through Recreational, Cultural and Educational Environments as well as, nurturing and promoting a Healthy, Sustainable Community.

BACKGROUND / DISCUSSION:

Discussion of the what, why, where, when, and how to enable Council to have reasonably complete description of the contemplated action. This should include attachment of bid tabulation, or ordinance or resolution if appropriate. What are the benefits to the City of this action? What are the citizen concerns?

The City hosts senior fitness programs at its various recreation centers, which senior residents frequent and enjoy. There is an associated cost to participate in a program. Currently, insurance and other prominent senior fitness programs, like Silver Sneakers are not offered at City facilities, nor are calendar period enrollment, such as monthly or yearly memberships. Many seniors rely on the exercise and facilities provided by the City for physical and mental well-being but many are also on a fixed income and/or on Medicare.

PRIOR COUNCIL ACTION:

Has the Council previously considered this item or a closely related one?

No.

AMOUNT AND SOURCE OF FUNDING:

How will this item be funded? Has the item been budgeted? If so, identify funding source by account numbers and description of account. Does it require a budget transfer?

N/A

*****REQUIRED AUTHORIZATION*****

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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?

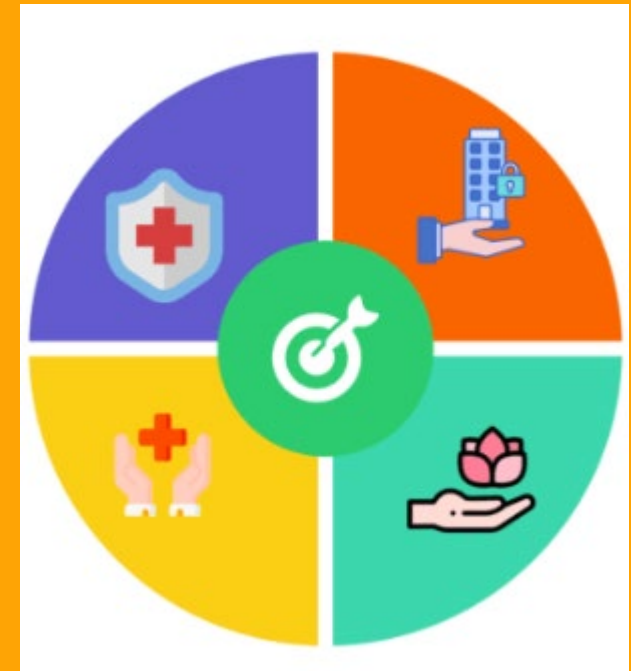


Types of Senior Fitness Programs

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.

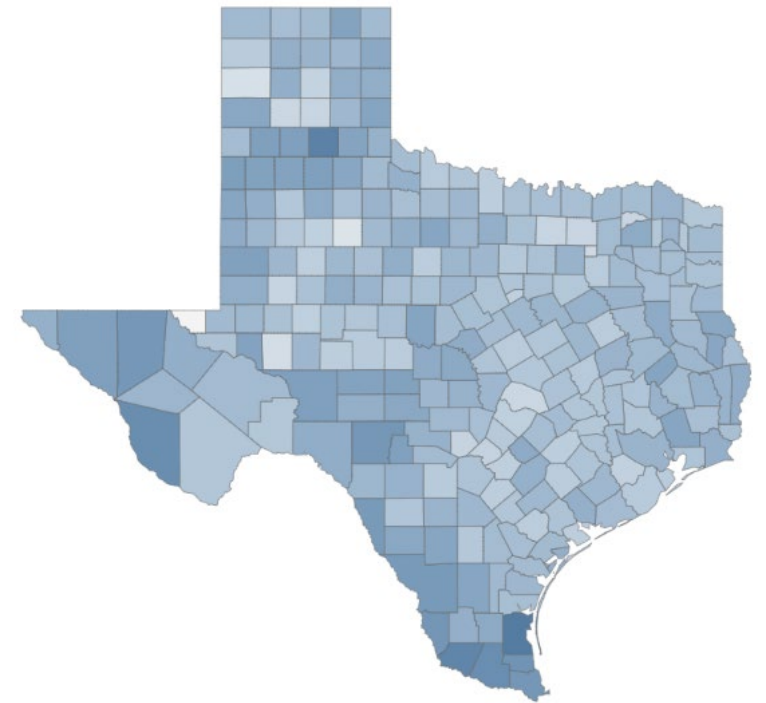
Of the 140,556 Medicare beneficiaries, there are **100,595 enrolled in a Medicare Advantage plan** in El Paso.

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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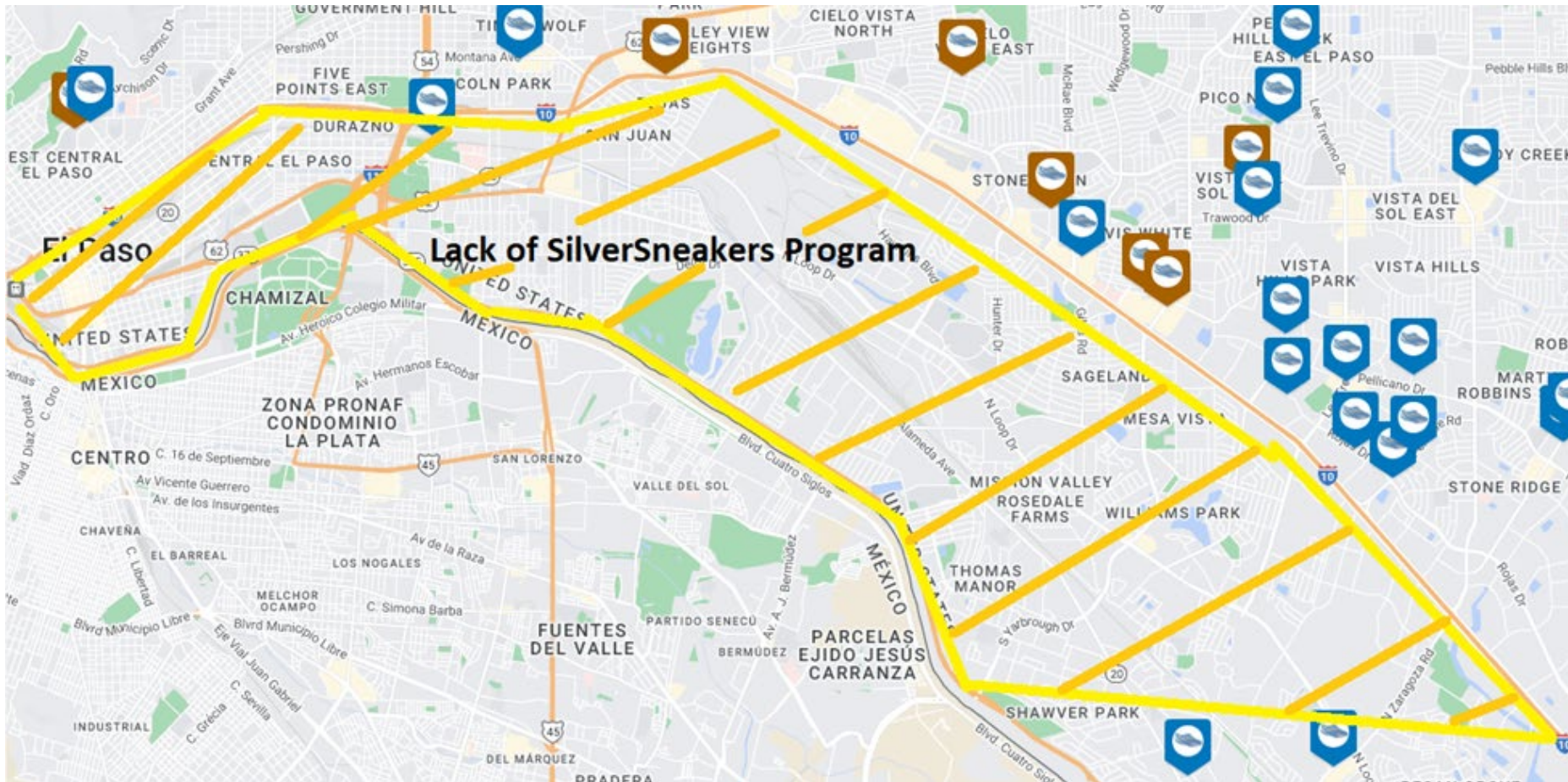
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Lack of SilverSneakers Program



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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