



Providence Medicare Advantage Plans makes staying healthy more affordable

SilverSneakers

With Providence Medicare Advantage Plans, it's easy and affordable to stay fit, have fun and make friends using your complimentary SilverSneakers® Fitness Program membership. SilverSneakers members have access to more than 9,500 participating locations across the country, where on-site staff members are available to help them meet their personal wellness goals. Locations offer amenities such as exercise equipment and SilverSneakers fitness classes designed specifically for older adults and taught by certified instructors. Get started today!

SilverSneakers Online

The SilverSneakers website, www.silversneakers.com/member, provides a comprehensive, easy-to-use wellness resource. Being part of a thriving and secure online community allows members to create exercise and nutrition plans, track fitness progress, find health articles and recipes, and more.

SilverSneakers® Steps

SilverSneakers Steps is a personalized fitness program that fits the lifestyle of members who don't have convenient access to a SilverSneakers location (location is 15 miles or more from their home). Steps members receive a kit with the wellness tools they need to get fit.

Enroll in Providence Medicare Advantage Plans today and get SilverSneakers!

To find out more about what you'll receive as a Providence Medicare Advantage Plan and SilverSneakers member, please call the Providence Medicare Advantage Plans Customer Service Team at (503) 574-8000 or 1-800-603-2340. If you are hearing impaired and use a Teletype (TTY) Device, please call our TTY line at (503) 574-8702 or 1-888-244-6642. Customer Service assistance is available to answer questions, seven days a week, between 8 a.m. and 8 p.m. (Pacific Time).

www.silversneakers.com | www.ProvidenceHealthPlan.com



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Providence Health Plan is a health plan with a Medicare contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

SilverSneakers® is a registered mark of Healthways, Inc.

Participating Locations

<p>Albany Snap Fitness - Albany 617 Hickory St. N.W. (541) 928-6723 Amenities: E</p> <p>Fitness Experience 1715 Hill St. S.E. (541) 917-3488 Amenities: E, S, SC</p> <p>Beaverton 24 Hour Fitness - Beaverton Sport 4145 S.W. Watson Ave. (503) 671-0707 Amenities: E, P</p> <p>24 Hour Fitness - Murray Scholls Sport 11100 S.W. Murray Scholls Pl. (503) 579-5090 Amenities: E, S, P, W, SC</p> <p>24 Hour Fitness - Tanasbourne Super Sport 1265 Waterhouse Ave. (503) 207-0452 Amenities: E, S, P, W</p> <p>Canby Snap Fitness - Canby 1109 S.W. 1st Ave. (503) 266-5515 Amenities: E</p>	<p>Clackamas East Side Athletic Club, Clackamas 9100 S.E. Sunnyside Rd. (503) 659-3846 Amenities: E, S, P, W, SC</p> <p>Corvallis Snap Fitness - Corvallis 5246 Philomath Blvd. (541) 738-7627 Amenities: E</p> <p>WOW! Fitness 327 S.W. 3rd St. (541) 757-1983 Amenities: E, S, W, SC</p> <p>Dallas World Gym 887 Main St. (503) 623-4440 Amenities: E, S, SC</p> <p>Eugene Courtsports Athletic Club 4242 Commerce St. (541) 687-2255 Amenities: E, S, P, W, SC</p> <p>Oakway Fitness Center 170 Oakway Rd. (541) 343-3314 Amenities: E, S, P, W, SC</p> <p>Gresham Cascade Athletic Club, East Gresham 2456 E. Powell Blvd. (503) 618-4142 Amenities: E, S, SC</p>	<p>Gresham (cont.) Cascade Athletic Club, Gresham 19201 S.E. Division St. (503) 665-4142 Amenities: E, S, P, W, SC</p> <p>Hillsboro 24 Hour Fitness - Hillsboro Sport 6095 S.E. Tualatin Valley Hwy. (503) 356-1445 Amenities: E, S, P, W, SC</p> <p>Shute Park Aquatic & Recreation Center 953 S.E. Maple St. (503) 681-6127 Amenities: E, S, P, W, SC</p> <p>Jacksonville Snap Fitness - Jacksonville 650 G St. (541) 702-0700 Amenities: E</p> <p>Keizer Courthouse Athletic Club, Keizer 117 McNary Estates Dr. N. (503) 391-5220 Amenities: E, S, P, W, SC</p> <p>Lake Oswego Snap Fitness - Lake Oswego 6296 S.W. Meadows Rd. (503) 807-6274 Amenities: E</p>	<p>Lebanon WOW! Fitness 2225 S. Main Rd. (541) 258-1983 Amenities: E, S, SC</p> <p>McMinnville Excell Fitness 1461 N.E. Hwy. 99W (503) 434-5044 Amenities: E, S, SC</p> <p>Milwaukie East Side Athletic Club, Milwaukie 4606 S.E. Boardman (503) 659-3845 Amenities: E, S, P, W, SC</p> <p>Snap Fitness - Milwaukie 4200 S.E. King Rd. (503) 353-7627 Amenities: E</p> <p>Newberg Excell Fitness 1150 Industrial Pkwy. (503) 538-0747 Amenities: E, SC</p> <p>Oregon City Snap Fitness - Oregon City 19703 S. Hwy. 213 Ste. 170 (503) 656-2580 Amenities: E</p>	<p>Portland 10th Avenue Athletic Club 1111 S.W. 10th Ave. (503) 294-7420 Amenities: E, S, P, SC</p> <p>24 Hour Fitness - Hollywood Super Sport 4224 N.E. Halsey St. (503) 281-4767 Amenities: E, S, P, W</p> <p>24 Hour Fitness - The Pearl Sport 1210 N.W. Johnson St. (503) 222-1210 Amenities: E, S, P, W</p> <p>Cascade Athletic Club, 205 9260 S.E. Stark St. (503) 257-4142 Amenities: E, S, P, W, SC</p> <p>Lloyd Athletic Club 815 N.E. Halsey (503) 287-4594 Amenities: E, S, W, SC</p> <p>West Coast Health & Fitness 7522 N. Lombard (503) 283-5404 Amenities: E, S, SC</p> <p>Snap Fitness - Portland 18335 N.W. West Union Rd. (503) 645-7900 Amenities: E</p>	<p>Salem 24 Hour Fitness - Salem Sport 451 Lancaster Dr., N.E. (503) 399-4758 Amenities: E, S, P, W</p> <p>Courthouse Athletic Club, Battlecreek 6250 Commercial St. S.E. (503) 364-9029 Amenities: E, S, P, W</p> <p>Courthouse Athletic Club, Lancaster 4132 Devonshire Court N.E. (503) 585-2582 Amenities: E, S, P, W, SC</p> <p>Courthouse Athletic Club, South River Rd. 2975 River Rd. S. (503) 364-8463 Amenities: E, S, P, W</p> <p>Snap Fitness - Salem 152 Lancaster Dr. S.E. (503) 371-0919 Amenities: E</p> <p>Snap Fitness - Salem 4555 Liberty Rd. Ste. 390 (503) 991-5053 Amenities: E</p> <p>Courthouse Athletic Club, West Salem 300 Glen Creek Rd. N.W. (503) 581-3171 Amenities: E, S, P, W, SC</p>	<p>Salem (cont.) Snap Fitness - Salem 1124 Wallace Rd. N.W. Ste. 140 (503) 991-5902 Amenities: E</p> <p>Sherwood Sherwood Regional Family YMCA 23000 S.W. Pacific Hwy. (503) 625-9622 Amenities: E, P, SC</p> <p>Snap Fitness - Sherwood 16080 S.W. Tualatin-Sherwood Rd. (503) 625-2700 Amenities: E</p> <p>Springfield Courtsports Athletic Club 2728 Pheasant Blvd. (541) 736-1167 Amenities: E, S, P*, W, SC</p> <p>Tigard 24 Hour Fitness - Tualatin L.A. Super Sport 17942 S.W. McEwan Rd. (503) 670-0400 Amenities: E, S, P, W, SC</p> <p>Tualatin Juanita Pohl Center 8513 S.W. Tualatin Rd. (503) 692-6767 Amenities: SC</p>
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Amenities Legend

- E** Exercise Equipment
- S** Steam/Sauna
- P** Pool
- W** Whirlpool
- SC** SilverSneakers Classes
- *** Seasonal Pool

Woodburn Diesel Fitness
 1755 Mt. Hood Ave. Ste. 130
 (503) 981-8557
 Amenities: E, SC

Lists are subject to change and are updated regularly. Please visit www.silversneakers.com for the most recent location updates.

Women-only locations, including Curves®, are available nationwide. For a Curves location near you, please visit www.silversneakers.com or call 1-888-423-4632 (TTY: 711), Monday through Friday 8 a.m. to 8 p.m. Eastern.

