At Tivity Health®, helping you reach your wellness goals is our top priority. We aim to support, engage and enrich our communities. During these challenging times, we want to make it as convenient and safe as possible for you to have proper nutrition and opportunities to stay active. That’s why we’re highlighting Nutrisystem® and SilverSneakers®, which are easy to access even when you need to stay home.

**STAY HEALTHY AT HOME**

**Nutrisystem**

Nutrisystem meals are made with quality ingredients and are convenient, easy-to-prepare meals and snacks. You get affordable, delicious food delivered right to your door, so you don’t need to worry about going to the supermarket. When your frozen food arrives, simply store it in your freezer, and put your shelf-stable items in your pantry. When you’re ready, simply heat and eat! You can always add a vegetable to complement your meal.

**SilverSneakers**

Regular exercise is important in helping you stay healthy and independent. In addition to fitness memberships, SilverSneakers offers both members and non-members opportunities for at-home workouts and to connect with others. Learn how you can stay active while you’re staying safe at home.

See other side for a special offer from Nutrisystem and resources from SilverSneakers.
Get 50% off Nutrisystem® a la carte meals

Shop from home for delicious ready-to-go and fresh frozen meals, snacks and shakes. Your food will be delivered right to your door in two shipments, one with your frozen food, and one with your ready-to-go or shelf-stable selections.

- 50% off regular prices + FREE shipping on orders containing $75 of frozen foods, for a limited time
- 150+ items available, priced between $2 and $4 per meal with discount
- No minimum purchase, no plan required

Nutrisystem products contain no artificial flavors or sweeteners, colors from artificial sources, high-fructose corn syrup or trans fat (partially hydrogenated oils). Nutrition facts and ingredients lists available at Nutrisystem.com.

Take advantage of this special offer by December 31, 2020.

Go to: nutrisystem.com/email50per2020
Or call: 1-833-374-2939

Discount will be applied on A La Carte orders in a single transaction. Single items only. Plus! Free shipping Continental U.S. only on all A La Carte orders that contain $75 or more of frozen foods in a single transaction. Frozen items are non-refundable, non-returnable, are available Continental U.S. only and cannot be shipped to PO Boxes, APO Boxes or military addresses. Cannot be combined with any prior or current discount or offer. Offer not valid on prior purchases. Subject to change based on availability. Limit one offer per customer. Items shown may not be recommended for all plans. Please refer to your personalized plan. Exclusions: DNA Kits, Shakes, Samplers, Multi-Packs, Vitamins.

Importantly, we ask our customers to keep in mind these three very important reminders: Prior to consumption, please be sure to carefully check all individual product packages for the most updated information regarding ingredients and nutritional content for any/all food products, including new and improved items, if you have any food allergies or if you are otherwise concerned about any particular ingredients. Food items may contain or have been manufactured in a facility that also processes milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat or soybeans. Food items that have been substituted and/or reformulated may contain different ingredients and allergens than those in items originally ordered.

1. Discount will be applied on A La Carte orders in a single transaction. Single items only. Plus! Free shipping Continental U.S. only on all A La Carte orders that contain $75 or more of frozen foods in a single transaction. Frozen items are non-refundable, non-returnable, are available Continental U.S. only and cannot be shipped to PO Boxes, APO Boxes or military addresses. Cannot be combined with any prior or current discount or offer. Offer not valid on prior purchases. Subject to change based on availability. Limit one offer per customer. Items shown may not be recommended for all plans. Please refer to your personalized plan. Exclusions: DNA Kits, Shakes, Samplers, Multi-Packs, Vitamins.
2. Prices quoted exclude applicable sales tax.
3. IMPORTANT INFORMATION: We ask our customers to keep in mind these three very important reminders: Prior to consumption, please be sure to carefully check all individual product packages for the most updated information regarding ingredients and nutritional content for any/all food products, including new and improved items, if you have any food allergies or if you are otherwise concerned about any particular ingredients. Food items may contain or have been manufactured in a facility that also processes milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat or soybeans. Food items that have been substituted and/or reformulated may contain different ingredients and allergens than those in items originally ordered.
4. Limitations apply. See terms of use of app for detail.

Stay active at home with SilverSneakers

SilverSneakers offers at-home resources to help everyone stay active and connected.

SilverSneakers GO™ mobile app and SilverSneakers On-Demand™ videos
Get the app, with audio-guided meditations, guided walks and more, at the App Store and Google Play. On-Demand videos include cardio, strength and more.

SilverSneakers classes on Facebook Live (no Facebook account required)
Go to go.silversneakers.com/facebooklive for instructions on how to participate in classes and get event links with dates and times. Check out past videos any time on our SilverSneakers Facebook Video Page.

SilverSneakers.com
Go to our website to see all the resources available to you at no charge. For additional members-only content check to see if you’re eligible for the SilverSneakers benefit through your Medicare health plan.