

Fitness Benefit Comparison for Medicare Advantage Plans

Value	What Members Experience	Renew Active	SilverSneakers	Competitor 2
Body	A gym membership at no additional cost	X	X	X
	Access to an extensive network of gyms and fitness locations near them	X	X	X
	A personalized fitness plan including a yearly 30-minute session with a personal trainer to develop their customized fitness plan	X		
	Access to a wide variety of fitness classes	X	X	X
	Local and national reciprocity providing the ability to visit multiple gyms and fitness locations within a calendar month	X	X	
	Equipment orientation	X	X	X
	An at home offering providing an at-home fitness kit instead of visiting a gym	X	X	X
Rewards	Gift card rewards for staying active and tracking steps* *Note: This is offered only with certain Medicare Advantage plans	X		
Mind	Online brain health program, exclusively from AARP® Staying Sharp	X		
Social Connection	Connecting with others at local health and wellness events	X	X	
	Connecting with others through a Fitbit® Community	X		
Integrated Experience	Integrated into their personalized portal and app experience providing a single place to obtain all their plan information	X		
	Integrated within a customer service call center	X		
	Synchronized data utilization – real time eligibility verification	X		
	Provides the flexibility to customize the fitness program based on what's important to the member	X		