

SilverSneakers®

GO™

Getting active just got easier with SilverSneakers® GO™, the first fitness app designed just for you



Find everything you need in one place: your member ID, SilverSneakers locations and more!



Access workout programs that can be tailored to your fitness level



Exercises can be modified to make them easier or harder with just one click

Download SilverSneakers GO in the **App Store** or on **Google Play**.



Download on the App Store



ANDROID APP ON Google play



Question? Contact us

[SilverSneakers.com/GO](https://www.SilverSneakers.com/GO)

888-881-7776

Support@SilverSneakers.com

How to download the app



iPhone®

1. Using your mobile phone, select the **App Store** icon.
2. Click **Search**.
3. Type **SilverSneakers GO** and click Search.
4. Tap **Get**.
5. **Install** the app.



Android®

1. Using your mobile phone, select the **Play Store icon**. Select it.
2. The first time you select it, you may be prompted to sign in with your Google credentials.
3. Once you're in Google Play, you can search for the **SilverSneakers GO** app.
4. **Install** the app.



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