



## Providence Senior Health

### SENIOR CLASS/FITNESS BENEFITS

All seniors save 10% on all Providence wellness classes. Classes available to all seniors include:

- Diabetes education program
- Fall Prevention:
  - Tai Chi (Providence Portland, Kruse Woods and Basecamp locations)
  - Strong for Life (Yamhill and Washington Counties)
- Heart and vascular health education
- Mindful Movement (*Free* beginning strength, mobility and confidence)
- Joint health education
- Pain education (in-person and online class available)
- Smoking cessation classes
- Stress management programs: mindfulness class
- Parkinson's Exercise Program (includes Tai Chi, Pilates, strength, endurance and PWR!)
- Pain Education
- Pilates
- Qi Gong
- Weight Management
- Yoga
- Yoga for Multiple Sclerosis (*Free*)
- Zumba (*Free*)

For questions or assistance registering for these classes please call the Providence Resource Line: (503) 574-6595 or 1-800-562-8964

[Class catalog Link: www.providence.org/classes](http://www.providence.org/classes)

For non-Providence classes closest to you, ask a member of your care team to use the [Senior Health Program Fall Risk Management Sharepoint](#) (available internally). Look under the Community Based Class tab for listings organized by PMG clinic region.



## Providence Senior Health

### Providence Health Plan (PHP) Medicare Benefit

#### Providence PHP Members “Health & Wellness Class Benefit”

Members of Providence Medicare Advantage Plans have access to a **\$500 annual benefit** for a variety of health and wellness classes offered at Providence facilities or at participating partner facilities.

**Eligible classes include:** Tai Chi, Yoga, Parkinson's Exercise Program, Better Bones and Balance (Osteo) program, Weight Management, Zumba, Pain Education, and Stress Management. Personal Training is not eligible.

**Non-eligible classes** are offered at a 10% discount for Providence Medicare Advantage members.

For questions or to register for these classes please call the Providence Resource Line:(503) 574-6595 or toll free at 1-800-562-8964. When enrolling, insurance information may be requested.

#### The Silver and Fit Program and Healthy Aging Program

Gym membership administered by Silver and Fit is available to Providence Medicare Advantage Plan members as well as through other insurers.

- No-cost access to a fitness club or exercise center. Group classes made for older adults, where offered. Personal Training is not eligible.
- Other benefits include: the option to work out at home using up to two home fitness kits per year, Healthy Aging materials (online or DVD), newsletters, and Silver & Fit Connected!™, a fun and easy way to track exercise at a facility or through a wearable fitness device or app and earn rewards.

For detailed benefit information, contact Providence Medicare Advantage Plans at:

(503) 574-8000 or 1-800-603-2340.

If not a PHP member, contact your insurer to see if you have a similar benefit.