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NYC Medicare Advantage Plus Plan **Update**

News and information for UFT retirees

A new fitness benefit for retirees

In addition to keeping our health care premium-free, the new NYC Medicare Advantage Plus Plan offers other new, free benefits. Retirees will have access to fitness equipment and group exercise classes through more than 16,000 SilverSneakers locations across the nation, including YMCAs and New York Sports Club locations in New York City.

Retirees can also access live online fitness activities as well as on-demand videos of workouts to do from home.

After April 1, take these steps to gain access to the program:

1. Go to www.silversneakers.com.
2. Create an online account and download your personal SilverSneakers ID number. (Or call 855-741-4985, Monday to Friday, 8 a.m. to 8 p.m.)
3. Find the [nearest location](#) and join a fitness class or exercise on your own.

The program includes SilverSneakers instructor-led group fitness classes. Some locations offer additional classes to SilverSneakers participants. Classes vary by location.



Plan Spotlight

Extra support for patients with serious illness

NYC Medicare Advantage Plan will refer patients facing serious illness and their families to Aspire Health, a community-based program that specializes in providing an extra layer of support. This support is provided by a team of doctors, nurse practitioners, nurses and social workers who work closely with a patient's primary care provider and other providers to coordinate care and improve communication. Aspire's clinical team is available 24/7 to provide extra care and attention as well as education about illness, the plan of care and medications. Aspire's services are provided for free through a combination of home-based visits and telehealth support, depending upon location.



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