



Blue Shield of California Endorsement to your Medicare Supplement Plan F

This Endorsement should be attached to, and is made part of, your Blue Shield of California *Evidence of Coverage* (EOC). Please retain it for your records.

Effective **January 1, 2025**, your EOC is amended as described below. For ease of review, strikethroughs indicate deleted text and underlining indicates added text.

1. The following revision has been made to the **Reinstatement of the Agreement after Cancellation** section:

5. Reinstatement of the Agreement after Cancellation

If the Agreement is cancelled for nonpayment of dues, Blue Shield will permit reinstatement of the Agreement or coverage twice during any twelve-month period, without a change in dues and without consideration of your medical condition, if the amounts owed are paid within ~~1530~~ 1530 days of the date the Notice of End of Coverage is mailed to you. If your request for reinstatement and payment of all outstanding amounts is not received within the required ~~1530~~ 1530 days, or if the Agreement is cancelled for nonpayment of dues more than twice during the preceding twelve-month period, then Blue Shield is not required to reinstate your coverage, and you will need to reapply for coverage.

2. The following revision has been made to the **ADDITIONAL BENEFITS** section:

~~[x] SilverSneakers® Fitness Program: The SilverSneakers Fitness Program is designed to improve your strength, flexibility, balance and endurance. It offers physical activity, health education, and social events to give you a well-rounded health program. It includes a complimentary membership to a participating fitness center. Membership may be activated by:~~ SilverSneakers is your fitness benefit, provided for you with no copayment. The program includes access to 13,000+ fitness locations* nationwide, exercise equipment and other amenities, a support network, online resources and group exercise classes led by certified instructors.

SilverSneakers currently offers the following classes. You can find the full class descriptions at [silversneakers.com](https://www.silversneakers.com).

- ~~a. Choosing a convenient participating fitness center by visiting www.silversneakers.com to view by zip code or by calling the Customer Service number on your Blue Shield ID card; and~~ Signature SilverSneakers classes designed for all levels and abilities are offered in traditional fitness classrooms inside the gym.
- ~~b. Going to the participating location you've chosen, presenting your Blue Shield ID card and asking to join SilverSneakers. You will be given a schedule of classes and you may also call in advance to schedule an orientation. More than 70 SilverSneakers Community class options including Latin dance, yoga, tai chi and walking groups are offered in settings outside the traditional gym.~~
- c. Three BOOM® classes, MIND, MUSCLE and MOVE IT, offer more intense workouts inside the gym. The 30-minute classes can be modified to fit individual participants' comfort levels.

~~We also offer SilverSneakers Steps, a self-directed fitness program designed for members without convenient access to participating locations. Blue Shield Medicare Supplement members, who live more than 15 miles from a SilverSneakers fitness location, can order a Steps kit with tools and program elements to help you achieve a healthier lifestyle by increasing the level of physical activity. The program helps you to set your individual fitness goals, track your progress, and submit your results by mail, telephone or internet to become eligible for special incentives. You can choose to attend a participating fitness center in combination with using the SilverSneakers Steps program, or just use the Steps kit in the convenience of your own home.~~

~~You may call the Customer Service number on your Blue Shield ID card to order a Steps kit and instructions to be sent to you. To start using the program, you may get your SilverSneakers ID number and find fitness locations and classes at [silversneakers.com](https://www.silversneakers.com). If you have additional questions about the program, call 1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET.~~

~~There is no copayment for this program. When you go to the fitness location of your choice, the staff will assist you with enrolling. You may also ask for a tour of the location to see all the amenities and where the classrooms are located. You may use any participating fitness location in the nation.~~

~~*At-home kits are offered for members who want to start working out at home or for those who can't get to a fitness location due to injury, illness or being homebound.~~