

# Grouper Fact Sheet

## About Grouper

Grouper is a radically beneficial new form of healthcare. Members get covered by their health plan for having fun with friends. Gyms offer one path to staying active – but it's hardly the only path. That's why Grouper offers a lively and robust network of activity groups to connect health plan members to the activities they love to do.

## Our Mission

To encourage healthy living through activities that build meaningful social connections and shared experiences.



## How It Works

Grouper partners with large Medicare Advantage and Supplement health plans. Once a partner joins the Grouper Health Network, we are able to confirm if members' dues are covered by these health plans. By joining the Grouper network, eligible members will receive a check to cover their membership dues.

## Health Plan Eligibility

Members can confirm their Medicare Advantage or Medicare Supplement plan includes the Grouper social benefit by signing up online at the designated enrollment link.

Upon signing up, members can expect contact within 3-5 business days regarding health plan eligibility. After verification, additional information will be requested via email, and a check will be sent to cover the cost of membership.

## WHAT IS SOCIAL FITNESS?

Research shows that participating in groups and activities with others improves our mental, physical, and social health. It's called "Social Fitness," and it's the driving force behind everything Grouper does.

### Physical

Staying active through exercise, fitness classes, or walking is crucial for maintaining good health.

### Mental

The more mental stimulation we get, the more likely we are to hold on to better brain functioning as we age.

### Social

Studies have shown, that social connections are closely related to well-being and personal happiness.

# Grouper

Call 833-906-1700

Email [info@hellogrouper.com](mailto:info@hellogrouper.com)

Grouper Club Network Locations ("CNL") are not owned or operated by Grouper or its affiliates. Use of CNL facilities and amenities limited to terms and conditions of CNL basic membership. Facilities and amenities vary by CNL. Always talk to your doctor before starting an exercise program.

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