

WellQuest provides fitness benefits to members of the following Medicare Advantage plans in the State of Florida (SecureHorizons by UnitedHealthcare, AARP, Citrus Health Care, Preferred Care Partners, Universal Healthcare, MD Medicare Choice). Therefore, members of **select plans** are entitled to receive membership privileges at our Health & Fitness Center; through our relationship with WellQuest. Members must **FIRST register with WellQuest** and will receive a welcome letter and a membership card private labeled for their Medicare Advantage plan once their registration has been approved and processed by WellQuest. **1-800-595-8448**



WellQuest

**Take Charge of
Your body at**

SOUTHSIDE FITNESS

1637 Shepherd Road

Lakeland, FL 3381

863-701-7700

www.southsidefitness.net

Strengthening our Body and Mind.

Our patient, motivating staff will help you get the results you want!

*The insurance industry and other large organizations are focusing much more energy on preventive maintenance like fitness and wellness. Seniors who exercise often don't need to go to the doctor as much. They can come here to **SOUTHSIDE FITNESS** and spend time with their peers and participate in specially designed group classes. It is widely known that strength training improves senior's cardiovascular health and can help prevent falls.*