

New name effective in 2024



Keep healthy and connected with Nifty After Fifty®

“My favorite program at Carelon Health is Nifty After Fifty. I love that I can take classes from home. I also love going to the Nifty After Fifty center, but now I am hooked on the online classes. I have met so many friends and I have so much fun.”

—Geraldine B.



Join our fitness and wellness community from anywhere you choose — online or in person

Carelon Health has brought its personalized approach to healthcare into a unique fitness program, Nifty After Fifty. Designed by a team of health specialists, Nifty After Fifty aims to build up senior fitness, balance, and strength. Carelon Health patients can attend in person at our care centers, or online at our Wellness Everywhere site. With Nifty After Fifty, you can stay in shape, connect with a new social circle, and enjoy more of what life has to offer.

The best part is Carelon Health patients can participate in this customized fitness program at no extra cost.

Why is Nifty After Fifty so popular?

- Wellness coaching to help manage ongoing health problems
- Live and on-demand fitness classes from the comfort of home
- Social events and activities
- Group exercise classes

For more information or to register, visit niftyafterfifty.com