



Check in for your Virtual YMCA Visits!

Your check-ins help the Y with insurance reimbursements

Virtual Check-In

To our Silver Sneakers and Renew Active members:

The YMCA has been working with the insurance companies that provide Silver Sneakers and Renew Active to ensure members continue to stay active and healthy while our doors are temporarily closed. Thank you so much for sticking with the Y and trying all of our virtual programming options!

When our doors were open and you scanned in at the Welcome Center, we were able to report your visit and your insurance company reimbursed the Y with a payment. This reimbursement allows us to pay our instructors, purchase equipment and offer resources to make a quality experience.

Use our virtual check in form to help us track your success taking virtual classes and share the good news with your insurance company.

Instructions are below!

Any of the options below will count for a swipe -- and all classes at the links count, not just senior-specific classes! In addition, if you take one of our live classes on our Facebook pages and private Facebook Y at Home groups, those count too! Go to your branch Facebook page to check it out. **Any other exercise or workout not listed below is wonderful for your health, but will not count towards our reimbursement, so just enjoy and don't worry about entering your information!**

- [YMCA of Greater Hartford Y at Home videos](#) (on [YouTube](#) and Facebook)
- [Senior Tabata Workout](#) (PDF to print and mix-and-match for lots of workout options!)
- [YMCA360 videos](#)
- [SilverSneakers OnDemand programs](#)
- [SilverSneakers GO app programs](#)
- [MOSSA Move classes](#)
- [LesMills OnDemand classes](#)



- [Virtual personal training](#) with YMCA of Greater Hartford trainers (coming soon to more branches!)

To record that you took a class, visit our [Virtual Check-In](#).

Here are the instructions:

All you need to do is visit this page whenever you do one of our classes listed above and log your activity and enter your barcode to the virtual check-in. **Please fill out BOTH forms on the virtual check-in page with these instructions:**



1. The Daxko Virtual Check In is a virtual way of swiping your keytag. It's as if you were at the Welcome Center! Where it says "enter barcode," just type the number on the back of your YMCA keytag and you're set! Once you hit "next," you will be taken to a confirmation page that will have the senior activity log and class options.
2. Our Senior Activity Log records what program you did, so that if the insurance company checks in on what they are reimbursing us for, we have a record of it. If you do not fill it out on the virtual check-in page, please make sure to do so on the confirmation page. You only need to do it once per activity!

If you need assistance with virtual check-in, please contact your branch for assistance:

- Downtown: 860-522-4183 or click to email [Taylor Warner](#)
- East Hartford: 860-289-6612 or click to email [Laura Floyd](#)
- Farmington Valley: 860-653-5524 or click to email [Meg Statile](#)
- Glastonbury: 860-633-6548 or click to email [Linda Mendelsohn](#)
- Hale: 860-315-9622 or click to email [Lauri Accuosti](#)
- Indian Valley: 860-871-0008 or click to email [Maggie Griffin](#)
- Wheeler: 860-793-9631 or click to email [Hoda Mousa](#)
- Wilson-Gray: 860-241-9622 or click to email [Deepika Singhal](#)

Thank you again for being part of our YMCA family!