

# One Pass<sup>®</sup> fitness program



The One Pass fitness program can help you find the right fitness routine for you, whether you exercise at home or the gym. Choose from the largest nationwide network of gyms and fitness centers and enjoy digital fitness classes from the comfort of home.

## Work out your way and find your fit



### At the gym

Choose from the largest nationwide network of gyms and fitness locations. Visit any place in the network and create a routine just for you.



### At home

Work out at home with live, digital fitness classes or on-demand workouts. Plus, use our custom workout builder to create routines tailored to your fitness level and interests.



### With a home fitness kit

Get fit and have fun with strength, yoga, and dance kits designed to help you work out at home.<sup>1</sup>



### With new friends

Join a group class, or find local clubs and social events that match your interests—there are many great ways to connect with others who share your passions.

## FAQs

### Can members use multiple fitness locations?

Yes. With One Pass, Kaiser Permanente Medicare Advantage (HMO) members can use multiple participating fitness locations during the same month. Members will need to present their One Pass member code to each new participating fitness location they want to use. The location will enroll the member in the gym, providing access to a standard membership at no additional cost.

### Can members visit any participating fitness location while traveling within the United States?

Yes, provided there is a location in the area. With One Pass, Kaiser Permanente Medicare Advantage members can use multiple participating fitness locations. Members will need to present their One Pass member code to each new participating location they want to use. The participating fitness location can then enroll the member in the gym, providing access to a standard membership at no additional cost. To find a participating location, use the One Pass website to enter an address or ZIP code on the fitness location search page.

### Do members pay for any additional services?

Additional services (such as personal training, expanded access hours, fee-based group fitness classes, or other classes outside of the standard membership offering) are not included. Members will be responsible for any additional fees associated with the services if they wish to have access to them. Members should contact the specific location(s) they are interested in joining to learn more.

For more information, visit [YourOnePass.com](https://www.youronepass.com) anytime or call **1-877-614-0618 (TTY 711)**, Monday through Friday, 9 a.m. to 10 p.m.

<sup>1</sup>Three kits are offered and limited to one a year.

One Pass® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions and is a voluntary program. The One Pass program and amenities vary by plan, area, and location. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. One Pass is not responsible for the services or information provided by third parties. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them.

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

## How to get started with the One Pass program

Once you're a Kaiser Permanente member, follow these steps:

- 1 Visit **YourOnePass.com**.
- 2 Click "**Get Started**" to register. Enter your first name, last name, date of birth, and Kaiser Permanente member ID number.
- 3 Once you're registered, you'll receive a **One Pass member code**. Be sure to write down your code and keep it handy. You'll need to enter it each time you register for a new fitness location or other One Pass service.
- 4 Start searching for gyms by clicking on the "**Find a gym**" page.

