



# One Pass<sup>®</sup> Fitness Program

Get more from your Kaiser Permanente Medicare health plan

Available to Kaiser Permanente Medicare health plan members

One Pass<sup>1</sup> can help you find a fitness routine that's right for you, whether you work out at home or at a gym.

## 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.



### Brain training<sup>2</sup>

Get a complete brain workout, including an initial cognitive test and an ongoing brain training program featuring a collection of games and activities to keep you engaged.



### 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 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.

## How to get started with the One Pass program

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

1. Visit [youronepass.com](https://youronepass.com).
2. Click "Get Started" to register. Enter in your First Name, Last Name, Date of Birth, and Health Plan Member ID.
3. Once you're registered, you'll receive a Member Code. Be sure to write down your code and keep it handy. You will 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.

You may also call **1-877-614-0618 (TTY 711)**, Monday through Friday, 6 a.m. to 7 p.m. PST, to receive your Member Code.

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## Frequently Asked Questions

### Can members use multiple participating fitness locations?

Yes. With One Pass, members can use multiple participating fitness locations during the same month. Members will need to present their 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 OnePass, members can use multiple participating fitness locations. Members will need to present their 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, enter the address or ZIP code on the fitness location search page.

### Do members have to pay for any additional services?

Additional services (such as personal training, fee-based group fitness classes, expanded access hours, or additional classes outside of the standard membership offering) are not included. The member 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.



**Questions? Call us at 1-877-614-0618 (TTY 711),**  
Monday through Friday, 6 a.m. to 7 p.m. PST.

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<sup>1</sup>One Pass<sup>®</sup> 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.

<sup>2</sup>Brain training offered through BrainHQ for members in Maryland, Virginia, and Washington, D.C. For more information visit [kp.brainhq.com](https://kp.brainhq.com).

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.