



Whole-body health made easier

Choose a One Pass Select fitness plan for your lifestyle

Get help reaching your health goals with a fitness membership from One Pass Select from Optum.¹ For a \$100 annual fee, members have access to thousands of gyms nationwide and on-demand and livestreaming classes within the Digital and Classic membership tier.² You can also upgrade to the Standard, Premium, and Elite tiers to access more gyms and boutique studios. Each tier comes with:

- Digital tools to track progress and an AI workout builder
- Grocery, home essentials, and fitness kit delivery

How to get started

1. Go to **OnePassSelect.com**.
2. Set up a new account.
3. Choose One Pass Select, check out, and save your member code.
4. Use your code at any participating gym or studio in your network.
5. Use your code for online fitness options and other One Pass Select offerings.



Questions?

Call **1-877-265-2906**

Choose the tier that's right for you

	Digital	Classic	Standard	Premium	Elite
Annual enrollment fee	\$100		NA	NA	NA
Monthly member fee	NA		\$64	\$99	\$144

Visit OnePassSelect.com to search for gyms and fitness classes near you.

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At-home resources

As part of the One Pass Select program, you also have the following no-cost resources available to support your at-home fitness and well-being:

Home fitness kits

Stay active no matter where you work out. Choose 1 of 3 home fitness kits and have it mailed directly to you.

- **Strength kit:** Includes resistance and tubing bands, door anchor, and exercise cards focused on balance and coordination.
- **Yoga kit:** Includes a yoga mat, yoga block, yoga strap, and DVD with yoga practices.
- **Dance kit:** Includes a quick-start guide, guided dance video, fresh and simple nutrition book, and everyday weight-loss plan.

Call **1-877-265-2906** to order your kit.

Grocery and household essentials delivery

Getting groceries and household essentials delivered to your home makes it easy to explore new foods and eat healthy.

1. The Optum One Pass Select program is available to members who are enrolled in qualifying Kaiser Permanente health plans purchased by their employer. Eligible members (age 16 and older) pay only \$100 annual fee for access to participating fitness centers. Additional options or services may not be included. Minimum age requirements may vary by fitness center. If an individual loses plan coverage or terminates membership with the One Pass Select program early, the one-time payment of \$100 (per eligible member) and/or any unused portion of the gym membership is not refundable. 2. This fee is nonrefundable.