



Reach your health goals



With One Pass™, we're on a mission to make fitness engaging for everyone.

You can start using One Pass today.

At the gym

Choose from a large nationwide network of gym brands and local fitness studios. Visit any place in the network and create a routine just for you. Bring a caregiver with you to some gyms, too.

At home

Work out at home with live or on-demand online fitness classes. Try Workout Builder. You'll get routines for your fitness level and interests. And engage your mind with personalized, online brain training.

In the kitchen

Get high-quality meals delivered, at a discount, to your home from Mom's Meals. Make your choices from tasty menus designed by dietitians and professional chefs.

With new friends

Join a group class or find local clubs and social events that match your interests. Connect with others who share your passions.

It's easy to create an account. Just have your health plan member ID card ready.

Getting started is easy

1. Go to **youronepass.com**
2. Click **Get started** and follow the prompts.
3. Get your One Pass member code.
4. Complete your online account setup, to view all of your One Pass benefits.
5. Bring your One Pass member code with you to any participating gym location. The staff will set up your membership. Use your member code for online classes, too.

To Access One Pass

youronepass.com

1-877-504-6830, TTY 711

8 a.m. to 9 p.m. CT, M-F