

# Stay active with a no-cost fitness membership through One Pass™



Your AmeriHealth Medicare PPO fitness benefit through One Pass gives you access to a variety of physical, social, and mental fitness programs.

## Find your fit



**At the gym:** Access a national fitness network including YMCAs; boutique studios; yoga, Pilates, and spinning studios; and more.



**At home:** Choose from thousands of on-demand and live-streamed online fitness classes. The workout builder will recommend routines for your interests and fitness level. You can have fitness kits sent to your home. You can also engage your mind with training programs from BrainHQ — a digital platform that exercises the brain to improve aspects of cognition, memory, attention, focus, and brain speed.



**With friends:** Participate in virtual or in-person community fitness activities at recreation areas, community centers, and parks. Search for community events through the One Pass platform.



**In the kitchen:** Get fresh meals delivered to your home from Mom's Meals. Order from tasty menus designed by dietitians and professional chefs. Cost for meals apply; free shipping is available.



## Getting started is simple

To locate a participating gym near you, visit [amerihealthmedicare.com/findagym](https://www.amerihealthmedicare.com/findagym).

To get started, you can visit [youronepass.com](https://www.youronepass.com), call One Pass at **1-877-504-6830** (TTY/TDD: **711**), Monday through Friday, 9 a.m. to 10 p.m., or go to a participating gym.

**Create a One Pass account** to get your **One Pass member code** so you can access all that One Pass offers.

## Frequently asked questions about One Pass

### What if I'm already enrolled at a participating One Pass fitness location and am paying membership dues?

You'll need to notify the gym or fitness location that you are eligible for One Pass through your health plan. The location will use your One Pass member code or look you up through their One Pass partner portal to verify eligibility.

### How will the fitness location know I have access to their gym through my One Pass membership?

Participating locations are contracted with One Pass to accept members with our fitness membership. Let the fitness locations staff know that your health plan includes a fitness membership through One Pass. The fitness location will verify your eligibility using your One Pass member code or through their One Pass partner portal. They will sign you up on their standard contract with zero enrollment fees and zero monthly dues. In addition, they will provide you with a membership card, key tag, or access to their mobile app. Going forward, you will check in each time using the gym's membership method.

### Will I need to pay a sign-up fee at participating fitness locations?

No, you will not be charged an enrollment or initiation fee at participating locations. You may have to sign a contract or paperwork to use their gym. Different locations have different policies and procedures.

### Can I bring a caregiver with me to a participating gym or fitness location?

When searching for participating gyms and fitness locations, you can filter results to show locations that allow caregivers. Members can bring a caregiver to assist them around the gym and in using equipment. Caregivers may not work out themselves. The caregiver will sign up on the fitness location's guest registry every visit, and will not pay a guest fee. To search for a participating gym location, visit [amerihealthmedicare.com/findagym](https://amerihealthmedicare.com/findagym) or call One Pass Customer Service.

### How can I sign up for virtual classes, events, Mom's Meals, and/or BrainHQ?

You will need to register and sign on to the One Pass member dashboard to search and sign up for online classes, events, Mom's Meals, and/or BrainHQ. To get started, visit [youronepass.com](https://youronepass.com).

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### What are home kits, and how do I order them?

There are four home kits available to you:

**Fit Kit:** Includes a resistance band, exercise tubing, a door anchor, and exercise cards specific to balance, coordination, agility, strength, cardio, and flexibility.

**Yoga Kit:** Includes a DVD with two 20-minute videos, a yoga mat, a yoga block, and a yoga strap.

**Dance Kit:** Includes a quick-start video and a 20-minute express DVD.

**Brain Health Kit:** Includes a puzzle booklet that combines three styles of puzzles.

You are eligible to receive one free home kit. You do not have to sign up on the One Pass website to receive a home kit. Please call One Pass Customer Service at **1-877-504-6830** (TTY/TDD: **711**), Monday through Friday, 9 a.m. to 10 p.m. to register and receive your home kit.