



Stay fit and save money with One Pass[®]

Your Independence Blue Cross (IBX) Medicare Advantage plan gives you access to a FREE fitness benefit through One Pass.

Find your fit



At the gym: Access a large national network, including **YMCAs**, boutique studios, yoga, Pilates, and spinning classes.



At home: Choose from on-demand and live online classes at ibxmedicare.com/findagym. The workout builder can suggest routines based on your needs.

You can also order a home fitness kit.

To help keep your mind healthy, enjoy a brain workout with a cognitive test and training program.

Getting started is simple

1. Create a One Pass account at ibxmedicare.com/findagym or by calling One Pass at **1-877-504-6830** (TTY/TDD: **711**) Monday through Friday, 9 a.m. to 10 p.m.

You will get a One Pass member code that will allow you to access all that One Pass offers.

2. Locate participating gyms at ibxmedicare.com/findagym.
3. Register at a participating gym by giving them your One Pass member code. You can also register at ibxmedicare.com/findagym or by calling One Pass at **1-877-504-6830** (TTY/TDD: **711**).



With friends: Join virtual or in-person fitness activities at local parks, recreation areas, and community centers. You can search for events near you through the One Pass platform.



In the kitchen: Get fresh meals delivered from **Mom's Meals**. Choose from menus created by dietitians and chefs.
Meal costs apply. Shipping is free.

Independence 

IBX
Never stop caring

Frequently asked questions about One Pass

What if I already have a gym membership?

Tell your gym you have One Pass. They'll look you up using your One Pass member code or their system to confirm.

How does the gym know I have One Pass?

Let staff know your health plan includes One Pass. They'll check your eligibility and sign you up.

You won't pay a sign-up fee or monthly fee.

They may give you:

- A membership card
- A key tag
- Or app access

You'll use their check-in method each time you visit.

Do I have out-of-network access?

No, you must use a One Pass participating gym.

Do I have to pay a sign-up fee?

No. One Pass is free.

You may need to sign forms or a contract.

Each gym has its own rules.

Can I bring a caregiver?

Some gyms let you bring a caregiver. The caregiver can help you. They cannot work out. They will sign in each visit. They do not pay a fee.

To find a gym that allows caregivers, go to: ibxmedicare.com/findagym. Or call One Pass.

How do I sign up for online classes or other programs?

Go to ibxmedicare.com/findagym. Sign in to your account. You can sign up for:

- Classes
- Events
- Mom's Meals
- Brain health activities



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 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.

One Pass is a voluntary program offered by an independent company. The One Pass program varies by plan/area. Information provided is not medical advice. Consult a health care professional before beginning any exercise program.

Independence Blue Cross offers products through its subsidiaries and affiliates including Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.



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