

# Stay fit and save money with One Pass<sup>®</sup>



## 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 fitness network including YMCAs, boutique studios, yoga, Pilates, and spinning studios, and more.



**At home:** Choose from a selection of on-demand and live-stream online fitness classes. The workout builder will recommend routines for your interests and fitness level.

You can order a home fitness kit to be mailed to you.

You can also engage your mind with access to a complete brain workout, including an initial cognitive test and a brain training program.



**With friends:** Participate in virtual or in-person community fitness activities at recreation areas, community centers, parks, and more. 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

1. Create a One Pass account at [youronepass.com](https://youronepass.com) or by calling One Pass at **1-877-504-6830** (TTY/TDD: **711**). You will get a One Pass member code that will let you access all that One Pass offers.
2. Locate participating gyms near you at [ibxmedicare.com/findagym](https://ibxmedicare.com/findagym).
3. Register at a participating gym by giving them your One Pass member code. You can also register at [youronepass.com](https://youronepass.com) or by calling One Pass at **1-877-504-6830** (TTY/TDD: **711**).

## 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 notify the gym or fitness location that you are eligible through One Pass. The location will use your One Pass member code or look you up through the One Pass portal to verify eligibility.

### How will the fitness location know I have access to their gym through my One Pass 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 the One Pass portal. They will sign you up on their standard contract with zero enrollment fees and zero monthly payments.

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?

One Pass is free of charge. You may have to sign a contract or paperwork to use a 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 see locations that allow caregivers. Members can bring a caregiver to assist them around the gym and using equipment. Caregivers may not work out. 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 [ibxmedicare.com/findagym](https://ibxmedicare.com/findagym) or call One Pass Customer Service.

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

Register and sign in to the One Pass member portal to search and sign up for online classes, events, Mom's Meals, and/or brain workouts. To get started, visit [youronepass.com](https://youronepass.com).



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 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.

Independence Blue Cross offers PPO, HMO-POS, and HMO Medicare Advantage plans with a Medicare contract. Enrollment in Independence Blue Cross PPO, HMO-POS, and HMO Medicare Advantage plans depends on contract renewal.

