

One Pass® — your no-cost fitness membership



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-streamed 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

To locate a participating gym near you, visit ibxmedicare.com/findagym.

To get started, you can visit youronepass.com, call One Pass at **1-877-504-6830** (TTY/TDD: **711**), Monday through Friday, 9 a.m. to 10 p.m., or register in person at 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?

Let the fitness locations reception 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?

The One Pass benefit is free of charge. 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 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 on 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.

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.



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