



# Whole-body health made easier

## Get help reaching your wellness goals

### Choose a One Pass Select Affinity fitness plan that fits your lifestyle

Make a commitment to your overall well-being by joining One Pass Select Affinity from Optum.<sup>1</sup> Choose a fitness plan and get unlimited access to all locations available within that plan, plus extensive digital resources.

- 5 membership tiers with different monthly fees<sup>2</sup>
- 19,000 gym locations and boutique studios
- 23,000+ on-demand and livestreamed classes
- Digital tools to track progress and an AI workout builder
- 10% off memberships for family and friends
- No contracts – change tiers monthly or cancel within 30 days
- Groceries and household essentials delivered with Walmart+ and Shipt

### Save on wellness services

All members who sign up for One Pass Select Affinity can access Optum's affinity musculoskeletal program.

Get 20% off chiropractors, acupuncturists, and massage therapists when you visit a participating provider.<sup>3</sup>

**1.** The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice. **2.** In Colorado, eligible employees who have the One Pass Select program have access to the classic tier after paying a \$100 annual fee. Employees with the classic tier may access other tiers within the gym network after paying an additional fee. In Hawaii, members pay a \$200 annual fee to access the classic tier (aka Fit Rewards program). Members who work out for 45 days for at least 30 minutes each session over the year will earn a \$200 reward. Only 1 training session per day counts toward the 45-day total. **3.** See note 1.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057

Learn more at [kp.org/exercise](http://kp.org/exercise)

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# Healthy lifestyle support from Optum

## Common questions for brokers and employers

Kaiser Permanente is working with Optum to offer your employees a paid fitness and well-being membership, including preferred rates on musculoskeletal services.\*

### One Pass Select Affinity from Optum

#### Who is Optum?

Optum is a leading provider of health care services, offering solutions for care delivery, finance, pharmacy, and wellness.

#### What is One Pass Select Affinity?

One Pass Select Affinity is a subscription-based fitness and well-being network that supports a healthier lifestyle. Employees can access up to 19,000 gym locations and over 23,000 online classes, with:

- No long-term contracts or gym registration fees
- Flexible fitness options and the ability to use multiple locations (not limited to one gym)
- The ability to add unlimited family members and friends (18 and older) at a 10% monthly reduced rate
- 30-day cancellation

#### When is One Pass Select Affinity available?

It will be available to Kaiser Permanente members on January 1, 2025.

#### How much does One Pass Select Affinity cost?

Monthly membership cost depends on the membership tier the employee selects. There are 5 tier options, ranging from \$10 a month for a digital-only membership to \$144 a month for access to all locations.

In addition, employees may pay a one-time member enrollment fee of up to \$29.

**Commercial group employers in Colorado,**  
see regional responses on the back.

More information will be posted at [OnePassSelect.com](https://OnePassSelect.com) on January 1, 2025.

#### What else does One Pass Select Affinity include?

Every tier includes access to digital offerings:

- On-demand and livestream classes
- Mobile app
- Digital engagement tools

All tiers include access to Optum's affinity musculoskeletal program.

Classic and higher tiers include a membership to Walmart+ and Shipt. Employees can have groceries and household essentials delivered right to their doors.

#### How do my employees sign up for One Pass Select Affinity?

Getting started is simple. Employees can:

1. Go to [OnePassSelect.com](https://OnePassSelect.com)
2. Follow the prompts to set up a new account
3. Choose a membership tier and check out

Subscribers to classic and higher tiers will bring their One Pass Select Affinity member code to any participating location and the staff will set up their membership for all future visits.

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Contact your Kaiser Permanente representative

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The member code gives employees access to any fitness location in their tier, plus online fitness vendors and other One Pass Select Affinity offerings.

### **How do employees in Colorado sign up for One Pass Select?**

Employees in Colorado can sign up directly through [OnePassSelect.com](https://OnePassSelect.com).

Employees of small group plans will pay a \$100 annual fee for the classic tier (12,000+ gyms).

Large group plans can subsidize the classic tier so their employees can pay a \$100 annual fee. Otherwise, employees will pay the regular monthly rate.

Subsidized members can upgrade to a higher tier if they choose to pay the difference via a monthly membership.

### **Why is Kaiser Permanente changing its fitness vendor?**

Kaiser Permanente continues to innovate its offerings and focus to offer you and your employees a total health solution.

### **My employees are signed up for Active&Fit. What should they do?**

Starting January 1, 2025, we'll only offer fitness memberships with Optum. We recommend your employees sign up at [OnePassSelect.com](https://OnePassSelect.com). If they're enrolled in Active&Fit, we'll also reach out to commercial plan members directly.

## **Optum's affinity musculoskeletal program**

### **What is the affinity musculoskeletal program?**

The affinity musculoskeletal program gives employees 20% off chiropractic care, acupuncture, and massage therapy within Optum's provider network.

To locate a provider near you, visit [myoptumhealthphysicalhealth.com/ProviderDirectory](https://myoptumhealthphysicalhealth.com/ProviderDirectory) and select "Kaiser Permanente" from the Plan/Product list.

### **Do my employees need to sign up for One Pass Select Affinity to access the affinity musculoskeletal program?**

Yes. The affinity musculoskeletal program is available to all One Pass Select Affinity subscribers.

### **How do my employees access the affinity musculoskeletal program?**

Visit your employee benefits page for a link to Optum's providers or go to [myoptumhealthphysicalhealth.com/ProviderDirectory](https://myoptumhealthphysicalhealth.com/ProviderDirectory).

Employees can show their Kaiser Permanente ID card at participating providers to receive the reduced rate.

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