



A UnitedHealthcare Company

One Pass Select

Fitness and well-being program

UM1997 0224



Offering employees flexible, accessible health resources

One Pass Select™ is a subscription-based fitness and well-being program that supports a healthier lifestyle for employees.

One Pass Select offers:



Lower cost to you and your employees

Allows you to offer competitive pricing and flexible health options to your employees and their families.



Flexible options

Employees can choose from five membership tiers to access thousands of nationwide commercial fitness networks — with no long-term contracts or annual membership fees.



Total solution for your employees' needs

One Pass Select provides a holistic offering that includes physical and digital fitness options as well as grocery delivery subscription to help your employees live healthier lives.

¹ One Pass Select Utilization Report, 2023.

² One Pass Select Internal Analytics/Book of Business, 2022.



One Pass Select lets employees choose the best health options for them

One Pass Select gives employees access to thousands of gyms and online classes with:



Flexible fitness options and the ability to use locations nationwide (not limited to one gym)



The ability to add up to four family members or friends (ages 18+) at a 10% monthly discount



The option to change tiers monthly



A simple, lower-cost way to offer health resources



Potential increased engagement and productivity

- Healthier employees are typically more productive¹
- Member-engagement reporting available to employers



Incentivize and motivate

- Optional incentives for employees through Health & Fitness Rewards to encourage them to live healthy lifestyles



Convenient digital access

- Convenience to browse participating gyms nationwide, view personalized dashboard and more

¹ Centers for Disease Control and Prevention (CDC). [Increase Productivity](https://www.cdc.gov). [cdc.gov](https://www.cdc.gov)

A variety of employee membership options to fit lifestyle goals

Category	Digital	Classic	Standard	Premium	Elite
Monthly fee	\$10	\$29	\$64	\$99	\$144
One-time enrollment fee	\$10	\$29	\$29	\$29	\$29
Gym network size		11,000+	12,000+	14,000+	16,000+
Premium network			✓	✓	✓
Multi-location access		✓	✓	✓	✓
Digital classes	10,000+	10,000+	10,000+	10,000+	10,000+
On-demand	✓	✓	✓	✓	✓
Livestreaming	✓	✓	✓	✓	✓
Workout builder	✓	✓	✓	✓	✓
Grocery delivery		✓	✓	✓	✓
Family & friend memberships*	✓	✓	✓	✓	✓
Upgrade/downgrade	✓	✓	✓	✓	✓
Cancel within 30 days	✓	✓	✓	✓	✓

*10% discount off the tier selected for each person added



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Member journey: Putting healthy living first



John, age 36, wants to prioritize fitness and eating healthier while balancing his busy schedule. He’s concerned about the rising cost of making healthy choices — everything from food to gym memberships seem more expensive than they were before. He hopes his new wellness benefits will help him feel better and save money.

1



John visits the One Pass Select website and creates an account.

2



John reviews the membership options to see what best fits his needs. He selects the Classic tier.

3



After purchasing his One Pass Select plan, John can now view his dashboard to schedule his first grocery delivery or to browse gyms.

4



John clicks the “Fitness” tab to search gyms or fitness studios in his area. He finds one close to his home he wants to try.

5



When John arrives at the gym, he presents the gym code from his One Pass Select dashboard to receive his access card.

6



Before leaving the gym, John logs back in to his One Pass Select dashboard to schedule his first grocery delivery to his house through Shipt.

One Pass Select commercial gym brands*

Digital (23k+)	Classic (12k)	Standard (13k+)	Premium (16k+)	Elite (18k+)
				
				
				
				
				
				
				

*Crunch Fitness and Lifetime membership tiers may vary depending on member's location.
Other participating locations available in our network. All trademarks are the property of their respective owners.

Participating grocery delivery services

