

Flexible fitness options for all

Being healthy shouldn't be a grind. It should involve trying new things, exploring new foods and pushing yourself to be slightly better than you were the day before.

With One Pass Select™, our mission is to make being healthy fun for all. No matter your current fitness level, we have a wide variety of activities to challenge you. From strength training and swimming, to yoga and spin classes, you can try new things and push yourself physically and mentally. Participating gyms include Anytime Fitness, LA Fitness, Life Time, Orangetheory Fitness and many more. And that's not all. Get access to digital fitness apps and home grocery delivery to make it even more convenient to become a better you.



Choose the membership that fits your lifestyle

\$25/Mo*	\$59/Mo*	\$99/Mo*	\$139/Mo*
Classic	Standard	Premium	Elite
11,000+ gym locations	12,000+ gym and premium locations	14,000+ gym and premium locations	16,000+ gym and premium locations

Or get started with a digital-only plan for \$5/Month.

*2023 prices. Plus a one-time enrollment fee at initial sign-up. Gym network and other One Pass Select features vary by membership tier and are subject to change.

All tiers Classic or above come with grocery and home essentials delivery at no extra cost.

One Pass Select is simple to set up

Your One Pass Select member code is a single code that will get you access to any fitness location in your chosen network tier. Additionally, use it for online fitness vendors and other One Pass Select offerings.


- Go to myuhc.com® > Health & Wellness > My Health & Wellness
- Navigate to the One Pass Select tab and see what fitness locations are near you
- Choose a membership tier, check out, and get started with One Pass Select by using your member code
- Bring your One Pass Select member code with you to any participating location, and the staff will set up your membership for all future visits
- Add up to 4 additional discounted memberships on your account**

Rediscover your passion for health
myuhc.com > Health & Wellness > My Health & Wellness



Get started today on myuhc.com

Need help with One Pass Select?
 Call One Pass Select customer service at
1-877-515-9364
 Monday – Friday,
 9 a.m. – 10 p.m. ET.




** One Pass Select available to individuals ages 18+

One Pass Select is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships under this program.

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time.

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