

Whole-body health made for you



One Pass™ is on a mission to make fitness engaging for everyone. We can help you reach your fitness goals and find new passions along the way. Providence Medicare members can access One Pass at no additional cost as part of their health plan.



At the gym

Choose from our large nationwide network of gym brands and local fitness studios. Visit any place in the network and create a routine just for you. Bring a caregiver with you to some gyms, too.



With new friends

Join a group class or find local clubs and social events that match your interests. Connect with others who share your passions.



At home

Work out at home with live or on-demand online fitness classes. Try our workout builder. You'll get routines for your fitness level and interests. And engage your mind with personalized, online brain training.



To learn more, visit
youronepass.com

One Pass 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. The One Pass program varies by plan/area. Equipment, classes, personalized fitness plans, and events may vary by location. One Pass is not responsible for the services or information provided by third parties. Employers should consult an appropriate tax professional to determine if individuals have any tax obligations with respect to the 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.

PMS-OR 0425 IND Med Supp One Pass Prospect flyer

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