



Help your employees reach fitness goals

Employers want their employees to stay healthy because it may result in improved performance, lower absenteeism and lower health care costs.



One Pass™ offers employers an opportunity to encourage better health by helping employees achieve their fitness goals, allowing them to buy a membership to a network of gyms and studios.

\$117B

is spent annually on health care costs associated with inadequate physical activity¹

United
Healthcare

Encourage a healthier lifestyle

Employees can choose from 4 tiers based on preferred price and gym/studio preference.

- Designed to help employees lead more active lives that fit within their schedule and budget
- Gives employers the opportunity to potentially improve health outcomes, reduce absenteeism and increase productivity

Flexible and accessible

Employees can go to the fitness location most convenient to them or go to a different gym every day:

- Options include more than 11,000 large national gyms, independent fitness centers and boutique studios
- Tiers range from \$25 to \$139 per month
- Employees have unlimited access to any network fitness location each month
- Employees can change tiers monthly, if desired

Supporting physical fitness may contribute to:

- **Improved** health outcomes²
- **Increased** productivity and reduced absenteeism³
- **Increased** satisfaction and emotional well-being⁴

Learn more

Contact your UnitedHealthcare representative for details

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Healthcare**

¹ Centers for Disease Control and Prevention. About Physical Activity: Why It Matters. [cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html](https://www.cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html). Accessed May 2021.

² Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity. Last reviewed Jan. 12, 2021.

³ British Journal of Sports Medicine, Volume 54, Issue 24. Estimating the global economic benefits of physically active populations over 30 years (2020–2050). [bjsm.bmj.com/content/54/24/1482](https://www.bjsm.bmj.com/content/54/24/1482). Accessed July 6, 2021.

⁴ American Psychological Association. Working out boosts brain health. [apa.org/topics/exercise-fitness/stress](https://www.apa.org/topics/exercise-fitness/stress). March 4, 2020.

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. 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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.