

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 19,000+ gym locations and 24,000+ 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.

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.

All 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 easy. Employees simply need to:

1. Go to healthy.kp.org/health-wellness/fitness-offerings
2. Click "Learn more about One Pass Select Affinity"
3. Sign in to kp.org
4. Click the link to visit the One Pass Select Affinity website
5. Follow the prompts to set up a new account
6. 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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The member code gives employees access to any fitness location in their tier, plus online fitness vendors and other One Pass Select Affinity offerings.

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. To sign up, your employees will need to visit healthy.kp.org/health-wellness/fitness-offerings. 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 and select "Kaiser Permanente CAM Discount Program" from the Plan/Product drop-down list. If searching by ZIP code doesn't give you a list of specialists, remove your ZIP code and search by city.

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

No. Employees can access the affinity musculoskeletal program without signing up for One Pass Select Affinity.

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.

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

For more information, contact your Kaiser Permanente representative.

*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.