

# Flexible fitness options for all

With One Pass, we're on a mission to make fitness engaging for everyone. One Pass can help you reach your whole body health goals, while discovering new passions along the way. There's no extra cost for WellFirst Health Medicare Advantage members. You can start using One Pass on January 01, 2023.



## Find your fit with One Pass



### 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.



### 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.



### 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.

## One Pass is simple to set up

1. Go to [Wellfirsthealth.com/mapdfitness](https://www.wellfirsthealth.com/mapdfitness)
2. Enter your name, date of birth and Health Plan Name
3. Get your One Pass member code on the dashboard page
4. Click "Fitness" and then "Find gyms" to search for fitness locations near you
5. Bring your member code with you to any One Pass location. The staff will set up your membership. Use it for online classes, too.



## Get started with One Pass today

Visit [Wellfirsthealth.com/mapdfitness](https://www.wellfirsthealth.com/mapdfitness) anytime.  
Call **1-877-504-6830** (TTY: 711) from 8 a.m.-9 p.m. CT.



It's easy to create an account. Just have your WellFirst Health Medicare Advantage

Keep discovering your passion for health  
[Wellfirsthealth.com/mapdfitness](https://www.wellfirsthealth.com/mapdfitness)



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.

**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.

SSM Health Plan is an HMO/ HMO-POS with a Medicare contract. Enrollment in SSM Health Plan depends on contract.