

# Employee fitness and well-being support from Optum

Memberships and services to boost healthier lifestyles

Supporting your employees' overall wellness helps protect their health and your bottom line. Kaiser Permanente is working with Optum to empower your employees to live their healthiest lives. All Kaiser Permanente members can get reduced rates on complementary care services through Optum, and your employees can pay to access Optum's fitness network.<sup>1,2</sup>

## One Pass Select Affinity™ from Optum

One Pass Select Affinity is a subscription-based fitness membership to help employees meet their health goals. On top of being one of the largest fitness networks in the industry, One Pass Select Affinity features extensive digital offerings, home delivery services, and AARP membership with most plans.

### In-person and digital fitness



**Membership tiers** – Employees choose the plan that fits their needs, with competitive pricing starting at \$10 a month.



**Fitness networks** – 19,000 gym locations and boutique studios with unlimited access to all locations within each selected tier.



**Digital solutions** – 23,000+ on-demand and livestreamed fitness classes through web, app, and TV, plus an AI workout builder tool.



**Engagement** – Digital challenges and communities, activity and progress tracking, and digital coaching that adapts to member feedback.



**Flexible memberships** – No contracts, easy cancellation, family options, and the ability to change tiers monthly make signing up smooth for employees.

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## Additional services



**Healthy meal delivery** – Groceries and household essentials delivered directly to your employees' doors from Walmart+ and Shipt.



**AARP benefits** – Membership available to adults 18+, including deals on travel and dining, financial tools, and exclusive products.

## Affinity musculoskeletal program

Optum's affinity musculoskeletal program is included for all members – no need to sign up for One Pass Select Affinity. Your employees enjoy 20% off a variety of therapies within Optum's provider network – giving them more choices for care and improved quality of life.

## Complementary care



**Chiropractors** – A national network of credentialed clinicians to help with musculoskeletal issues, neck pain, arthritis, headaches, and more.



**Acupuncturists** – Contracted clinicians use this technique to benefit overall wellness and help manage pain, anxiety, insomnia, migraines, and more.



**Massage therapists** – Massage can help with soft tissue strains, sports injuries, nerve pain, muscle stiffness, and more.

Contact your  
Kaiser Permanente  
representative to  
learn more.

1. In Colorado, eligible employees who have the One Pass Select program have access to the classic tier after paying a \$100 annual fee. Employees with the classic tier may access other tiers within the gym network after paying an additional fee. In Hawaii, employees pay a \$200 annual fee to access the classic tier. Members who work out for 45 days for at least 30 minutes each session over the year will earn a \$200 reward. Only 1 training session per day counts toward the 45-day total. 2. 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.