



Jump to new heights



With One Pass®, we're on a mission to make fitness engaging for everyone. PERS Health Insurance Program's (PHIP) Moda Health Medicare Supplement Plan members can access One Pass at no additional cost as part of their health plan. You can start using One Pass on 01/01/2026.



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.



In the kitchen

Get high-quality meals delivered, at a discount, to your home from Mom's Meals. Make your choices from tasty menus designed by dietitians and professional chefs.



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.

Getting started is easy

1. Go to **YourOnePass.com**
2. Click **Get started** and follow the prompts.
3. Get your One Pass member code.
4. Complete your online account setup, to view all of your One Pass benefits.
5. Bring your One Pass member code with you to any participating gym location. The staff will set up your membership. Use your member code for online classes, too.

It's easy to create an account. Just have your health plan member ID card ready.

Try One Pass starting 01/01/2026

YourOnePass.com

1-877-504-6830, TTY 711

8 a.m. to 9 p.m. CT, M-F



Health plans provided by Moda Health Plan, Inc. Moda Health Plan, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, religion, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). CHÚ Ý: Nếu u bạn nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Gọi 1-877-605-3229 (TTY:711). PAUNAWA: Kung nagsasalita ka ng Tagalog, ang mga serbisyong tulong sa wika, ay walang bayad, at magagamit mo. Tumawag sa numerong 1-877-605- 3229 (TTY: 711). These additional services are not insurance and may be discontinued at any time with 30 days advance notice.

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.