

One Pass Select Affinity program

Provided by **Optum**

Take a step toward better well-being by joining One Pass Select Affinity from Optum.

Program includes:

- 5 membership tiers with different monthly fees available from **\$10/month for digital** and up to **\$249/month** for premium gyms and fitness studios
- Up to 19,000 gym locations and boutique studios
- 23,000+ on-demand and livestreamed classes
- 10% off memberships for family and friends
- No contracts — change tiers monthly or cancel within 30 days
- Groceries and household essentials delivered with **Walmart+** and **Shipt**



Digital (23k+) Classic (12K+) Standard (14K+) Premium (15K+) Elite (19K)

LES MILLS
ON DEMAND

ANYTIME
FITNESS

CYCLEBAR

CRUNCH
FITNESS

Orangetheory
FITNESS

DAILY BURN

CRUNCH
FITNESS

LIFETIME
HEALTHY WAY OF LIFE

CLUB PILATES[®]

STRETCH LAB

fitbit premium

planet
fitness

ROW HOUSE

CRUNCH

F45

yogaworks

LA FITNESS

YOGA SIX

pure barre

9R

Learn more at kp.org/exercise



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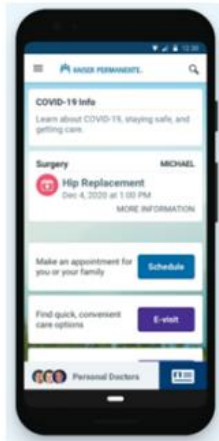
Kaiser Permanente mobile apps

Manage your health 24/7



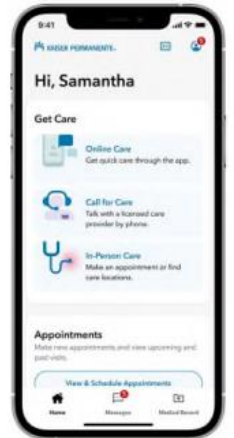
My Doctor Online
Northern CA Members ONLY

- Virtual Care
- Personalized reminders
- Schedule and manage appointments
- Refill prescriptions.
- View test results and information from your medical record.
- Learn about all your care options.
- Find doctors and office locations.
- Access your Digital Member ID card.



Kaiser Permanente

- Email your doctor's office or Member Services
- Schedule and manage appointments
- View information about past visits.
- Access your digital membership card
- Fill or refill most prescriptions
- Check the status of a prescription order,
- See a list of all your medications.
- View your medical history
- Choose a doctor
- Find facilities and pharmacies near you
- View & Pay Bills



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