

Flexible, accessible health options for employees



Half of U.S. consumers report wellness as a top priority in their daily lives.¹ One Pass Select™ is designed to help make it easier for your employees to prioritize their health and wellness through a low-cost, extensive nationwide gym network, digital fitness and grocery delivery service. Best of all, your employees have the freedom to choose the option that fits their needs and lifestyle.

See the benefits of One Pass Select:



Potential increased productivity

Studies show that healthier employees are typically more productive.²



Low cost to you and your employees*

Allows you to offer various fitness pricing options and competitive, flexible health options so employees can choose what's best for them.



Convenient digital access

Convenience to browse participating gyms nationwide, a personalized dashboard and more.

20%

average retail gym membership savings with One Pass Select³

76%

of employees who signed up for One Pass Select were actively engaged in the program⁴

*Option to reward employees for utilizing One Pass Select through UMR's Health & Fitness Reward\$.

More advantages for employees

One Pass Select offers employees various membership tiers to choose from based on their unique fitness goals — along with additional benefits, including:

- No long-term contracts or annual gym registration fees
- Flexible fitness options with the ability to change tiers monthly
- Multi-location access with no waiting period
- The ability to add family members or friends (ages 18+) at a 10% monthly discount
- A convenient grocery delivery subscription

Membership options for employees

Category	Digital	Classic	Standard	Premium	Elite
Monthly fee	\$10	\$29	\$64	\$99	\$144
One-time enrollment fee	\$10	\$29	\$29	\$29	\$29
Gym network size		11,000+	12,000+	14,000+	16,000+
Premium network			✓	✓	✓
Multi-location access		✓	✓	✓	✓
Digital classes	10,000+	10,000+	10,000+	10,000+	10,000+
On-demand	✓	✓	✓	✓	✓
Livestreaming	✓	✓	✓	✓	✓
Workout builder	✓	✓	✓	✓	✓
Grocery delivery		✓	✓	✓	✓
Family & friend memberships*	✓	✓	✓	✓	✓
Upgrade/downgrade	✓	✓	✓	✓	✓
Cancel within 30 days	✓	✓	✓	✓	✓

*10% discount off the tier selected for each person added.

Contact your UMR representative to learn more.

¹ McKinsey & Company, [Still feeling good: The US wellness market continues to boom](#), mckinsey.com;

² Centers for Disease Control and Prevention, [Increase Productivity](#), cdc.gov; ³ One Pass Select Internal Analytics/Book of Business, 2022; ⁴ One Pass Select Utilization Report, 2023

One Pass Select is a voluntary program featuring a subscription-based nationwide gym network, digital fitness and grocery delivery service. 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, digital fitness or grocery delivery services 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 or services under this program, as applicable.

Administrative services provided by UMR or their affiliates.

