Health Alliance Plan®
by Henry Ford Health

City of Detroit MA Trust



Stay active with One Pass

Your health and wellbeing go beyond the gym. That's why One Pass® gives you more ways to stay active, gain confidence and connect with others – all at **no additional cost** through your Health Alliance Plan Medicare Group MAPD (HMO) plan.

Whether you enjoy your current fitness routine or want to explore something new, One Pass makes it easy to choose activities that fit your lifestyle.





Your One Pass fitness benefit includes:

Fitness options that fit your routine

Access to thousands of gyms, workout locations, fitness studios and exercise classes nationwide.

Work out when and where it works for you

Enjoy more than 40,000 live online fitness classes and on-demand workouts, so you can stay active on your schedule.

One Pass is included with your healthcare plan

Getting started is easy:

- Visit **YourOnePass.com** and follow the steps to set up a new account.
- Get your One Pass member code.
- Bring your member code to a participating fitness location and the staff will help set up your membership. You can also use your code online to access One Pass fitness benefits.

My One Pass member code:

_____

OnePass

Write your member code in the space above. You can keep this card with you or snap a photo on your phone for easy access when visiting participating locations.

Questions? We're here to help.

Call One Pass Customer Service at

(877) 504-6830 (TTY: 711)

Representatives are available
Monday – Friday from 9 a.m. – 10 p.m.

Always talk with your doctor before starting a new exercise program.



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Health Alliance Plan of Michigan has HMO, HMO-POS and PPO plans with Medicare contracts. Enrollment depends on contract renewal. Health Alliance Plan of Michigan and its subsidiaries do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations. © 2026 Health Alliance Plan

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