

Benefit Guideline: Fitness Program

Service: One Pass®

Effective: 1/1/2021-12/31/2022

Products:

Medica DUAL Solution® - Minnesota Senior Health Options (MSHO)

Medica AccessAbility Solution® Enhanced (ISNBC)

Benefits Defined

Access to One Pass no-cost fitness program

Covered Services

12 months of no-cost fitness program that includes access to over gyms and fitness studios, on-demand livestreaming fitness classes, online brain training program, in-person or online social activities, and access to an online Fitbit community.

Not Covered

Additional services (such as personal training, fee-based group fitness classes, social activities with fees, or additional classes outside of the standard membership) are not provided by Medica. If members want to access additional services they must pay for them. Members should contact the specific location(s) they are interested in joining to learn more.

Process

- Provider must be One Pass
- Members can activate their membership and participate in One Pass anytime on or after their first date of coverage.
- Members can go to [Medica.com/fitness](https://www.Medica.com/fitness) to retrieve and print out their One Pass Member Code, which they will use to enroll with participating fitness location on their first visit. CC's can assist members with this if they do not have access to internet services. Members can use their code to access the fitness and cognitive elements and Fitbit community by enrolling in the programs online
- For social activities member can visit [medica.com/fitness](https://www.Medica.com/fitness) to view available social activities and instructions on how to register.
- If members have concerns or questions they can call One Pass Customer Support Services: 1 (877) 504-6830 (TTY: **711**) 8 a.m.-9 p.m. CT, Monday-Friday

Considerations:

- Members have unlimited access to public transportation provided to and from a One Pass gym. Where public transportation is unavailable members can receive up to three to and

from rides via taxi or volunteer driver to a One Pass gym. Member can call Provide-a-ride to set up rides. Social activities are not eligible for transportation unless the transportation is part of the member's waiver care plan.

- Members can bring a PCA or caregiver with them to a One Pass gym, recommendation to verify gyms policy with the gym prior to going.

This Medica Benefit Guideline for Care Coordination products is intended to guide service plan development. This reflects current interpretation of the product benefit set and/or parameters for obtaining services. Medica staff should be consulted for further guidance or to vary from these recommendations.

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