



Healthy living, healthy aging

Staying healthy and active is important at any age. That's why your UCare Medicare Supplement Plan includes extra resources for improving your fitness and overall health.

Get the most out of your plan with these healthy lifestyle benefits. There's no better time to take charge of your health.

One Pass fitness program

Be healthy, feel stronger and have fun.

One Pass® is a complete fitness solution for your body and mind, available to you at no additional cost. You'll have access to more than 24,000 participating fitness locations nationwide, plus:

- Thousands of on-demand and live-streaming fitness classes
- Workout builders to create your own workouts and walk you through each exercise
- Home fitness kits for members who are physically unable to visit or reside at least 15 miles outside a participating fitness location
- Personalized, online brain training program to help improve memory, attention and focus
- Social activities, community classes and events available for online or in-person participation

One Pass support line:

1-877-504-6830, TTY 711

8 am – 9 pm, Monday – Friday

ucare.org/onepass

This logo on your member ID card shows your program eligibility:



Quit Smoking and Vaping Program

Learn how to stop smoking, vaping or chewing tobacco.

UCare members can get help quitting at no charge through the tobacco and nicotine quit line. Coaches provide personalized coaching, online tools, quit aids (such as nicotine patches, gum or lozenges) and more.

Tobacco and nicotine quit line:

1-855-260-9713, TTY 711

24 hours a day, seven days a week

myquitforlife.com/ucare

Also, download the Rally Coach Quit For Life mobile app.