

Fitness



The UnitedHealthcare fitness benefit offers a **no-cost membership** to participating fitness locations, along with **online exercises and activities** to support brain health.

Free gym membership

Thousands of online fitness classes

What's new for 2025?



A new network design! Medicare Advantage members will have a Standard or Premium Fitness Network based on plan. Both offer a large national network of gyms and fitness locations.

- Nearly 90% of UnitedHealthcare utilization was at a location in our Standard Fitness Network.
- Approximately 60% of our markets will remain in the Premium Fitness Network.

Why UnitedHealthcare?

- Free gym membership to a large national network of gyms and fitness locations.
- Members can use multiple gyms and fitness locations in the fitness network.
- Access to thousands of on-demand workout videos and live streaming fitness classes, as well as customizable workout builders.
- Access to an at-home gym kit if members live 15 miles or more from a network gym or fitness location (kit contents subject to availability).
- Members can stay socially active at activities and events designed to keep them engaged and active.
- Access to an online program offering content about brain health, with exclusive content for Renew Active members, from AARP® Staying Sharp®.

How does it work?

- Members can access gyms and fitness locations by following these steps:
 - Access their Renew Active confirmation code on the Health and Wellness section of the member site or by calling the Customer Service number on the back of their UnitedHealthcare UCard®. Gyms can also look up the confirmation code using the member's UCard.
 - Visit the member site to find a network location near them. Premium gyms will be listed through 2024 but will only be listed for eligible plans in 2025.
 - On their first visit, take their confirmation code to sign up for membership at the gym. Members may receive a gym card specific to that gym for future access.





How does it work? Continued...

All plans have access to our large core network of over 17,000 gyms and fitness locations nationwide, including access to gyms like Anytime Fitness, LA Fitness, Planet Fitness and select YMCAs. Some plans can access Premium locations like Life Time.

Most networks are determined by state. Though certain states include plans with both our core and Premium networks:

- **IA, MN, NE, SD | Market: Sioux Falls/City**
 - Select Sioux Falls/City plans that crossover to MN have the core network given SD has the core network, even though MN has the Premium network.
- **MN, ND | Market: Northern MN/ND**
 - Select Northern MN/ND plans have Premium given MN has access to premium locations.
- **NM, TX | Market: El Paso**
 - Select El Paso plans that crossover with TX have the core network while the rest of NM can access premium locations.

Members who utilize gyms or fitness locations in the Premium network, but will be in the Standard network in 2025, will be contacted by UnitedHealthcare.

How can you support your members?

- Help members know what to expect for 2025 and how to get the most out of their plans.
- Remind members to have their confirmation code when going to the gym or fitness location for the first time.
- When speaking with members, use “core network” not “standard” when referring to non-Premium gyms and fitness locations.
- Agents can verify a plan’s network in the Medicare Product Portal. Plans that can access our core network of locations will say “Free gym membership.” Plans that can access our premium locations will state “Free gym membership with premium network.”
- Encourage members to find gym or fitness locations by visiting:
 - Their member site or the UnitedHealthcare mobile app.
 - **UHCRenewActive.com**. Gyms and fitness locations identified as a “Premium Location” are only available in select plans.

