

# Fitness



The UnitedHealthcare fitness benefit offers a **free 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 2026?



**A new network design!** Medicare Advantage members will have the core or premium fitness network based on plan. Both offer a large national network of gyms and fitness locations.

## 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 participate in 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 visit network 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 their UCard to obtain their Renew Active confirmation code.
  - Visit the member site to find a network location near them or access our online resources.
  - On their first visit to the gym, 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...

Plans have access to our large core network of over 17,000 gyms and fitness locations nationwide, including gyms like Anytime Fitness, LA Fitness and Planet Fitness. Some plans include additional access to premium locations like Life Time. Note some brands, like YMCA, may have both core and premium locations. Please verify a location's network status before providing it to a member.

Most states will have the same fitness network for all plans. Though certain states include plans with both our core and premium networks: IL, ND, and NM.

### How can you support your members?

- Help members know what to expect for 2026 and how to get the most out of their plans.
- Encourage members to find gyms or fitness locations by visiting their member site or the UnitedHealthcare mobile app.
- Remind members to have their confirmation code when going to the gym or fitness location for the first time.
- Remember, premium locations are not available in all plans. Please verify a Plan Fitness Network in the Medicare Product Portal or on [uhc.com/renewactivefitnessnetwork](https://uhc.com/renewactivefitnessnetwork) before confirming in-network locations. Scroll to the Ancillary Benefits section of the Medicare Product Portal and look for Fitness.
- Help prospective clients find gyms or fitness locations on [UHCRenewActive.com](https://UHCRenewActive.com). Click “Find a Fitness Location” tab, enter your zip code and select a “Plan Fitness Network” to see available locations for their plan .

