

Find Your Fit With One Pass®

Staying active looks different for everyone. Whether you enjoy calm stretching at home or prefer a busy gym, One Pass® offers tools to help you stay moving in a way that feels comfortable and sustainable.

A Flexible Fitness Benefit

Your KelseyCare Advantage fitness benefit, powered by One Pass, gives you access to one of the largest networks of gyms and fitness locations in the country—at no extra cost. You can visit any participating facility, try new classes, or switch locations based on your schedule.

Prefer to exercise at home? One Pass also includes live online classes, on-demand workouts, and a workout builder to help you stay motivated.

Support for Total Wellness

Healthy routines include more than exercise. One Pass also provides meal delivery options to help you enjoy nutritious foods with less planning. Members who need extra support can bring a caregiver to participating gyms at no cost.

Get Started

Getting your One Pass member code is simple:

- Visit YourOnePass.com or download the One Pass mobile app
- Select [Get Member Code](#)
- Enter your name (as it appears on your KCA ID card) and your date of birth

To find participating gyms, search for One Pass Medicare Fitness Programs.



One Pass is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. The One Pass program varies by plan/area. Equipment, classes, personalized fitness plans, and events may vary by location. One Pass is not responsible for the services or information provided by third parties. Employers should consult an appropriate tax professional to determine if individuals have any tax obligations with respect to the discounted memberships under this program. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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Your Guide to Care: *Options for Every Need*

Finding the right care when you need it is easy with KelseyCare Advantage. We offer many fast, convenient ways to connect with your providers and manage your health.

Kelsey-Seybold Clinic: Options to Get Care Now!

- **Appointments Anywhere:** Find appointments right away and schedule at *any* Kelsey-Seybold location with *any* primary care provider.
- **Same-Day Appointments:** Many locations offer extended hours and same-day or next-day primary care appointments.
- **VideoVisitNOW (Fastest!):** Log in to MyKelseyOnline (MKO) and have a Video Visit with a Kelsey provider in 20 minutes or less—no appointment needed!
- **APCs & Virtual Care:** Schedule with an Advanced Practice Clinician (APC) or try a Video Visit or E-Visit for expert care with shorter wait times.

After-Hours Options + Urgent Care

- **Nurse Hotline:** Talk to a registered nurse anytime day or night, 7 days a week. Call 713-442-0000 (TTY: 711).
- **Urgent Care Needs:** Visit a preferred urgent care center like CareNow or Next Level, or try VideoVisitNOW for sick and urgent care needs.

Explore All Your Care Options!

Learn more information about your care options on the Managing Your Care page of [KelseyCareAdvantage.com](https://www.kelseycareadvantage.com).

Optum Home Delivery



Easy Prescriptions with Optum Home Delivery

Imagine skipping the lines and having your prescriptions delivered right to your home.

With Optum Home Delivery, you can get a 3-month supply of the medication you take regularly mailed to your door with free standard shipping.

It helps you to:

Skip the trips—No need to leave home or wait in the pharmacy line.

Save money—Pay preferred cost sharing on your prescriptions, including \$0 copays on most generic medications for chronic conditions.

Stay on track—Simplify your routine with automatic refills.

Get around-the-clock care—You can reach a pharmacist anytime, 24/7.

Getting started is easy. Just ask your provider to send your prescription to Optum® Home Delivery, call 1-800-707-8194, or visit [OptumRx.com](https://www.optumrx.com) and they will handle the rest.

Welcome to KelseyCare Advantage!

Your Essential Guide to KCA Benefits

As a new member of KelseyCare Advantage, we're here to help you get started well! Whether you are new to the plan or just need a refresher, mastering the steps below is key to making the most of your benefits.



1 Choosing Your Primary Care Provider (PCP)

Your PCP is your main point of contact for routine care, screenings, and managing chronic conditions. If they aren't available, you can see any Kelsey-Seybold provider, including Advanced Practice Clinicians (APCs), for your primary care needs.

ACTION: Find your PCP by visiting [Kelsey-Seybold.com](https://www.kelsey-seybold.com) → Find a Doctor.

2 Using MyKelseyOnline (MKO)

MyKelseyOnline (MKO) connects your entire care team, health records, and health plans for a streamlined experience. Simply log in online or via the MyKelsey app to schedule appointments, access records, and stay connected with your team.

ACTION: Go to [MyKelseyOnline.com](https://www.mykelseyonline.com) to create an MKO account. You can also log in through the MyKelsey app, available on your favorite app store.



3 Reviewing Your Welcome Resources

Understanding your plan is essential. The New Member Hub is a central place where you can find links to all important documents like your Welcome Book and other resources, including details on scheduling your \$0 Wellness Visit. This hub is helpful for all members!

ACTION: Visit the New Member Hub today for links to all the information you need to get started well. Go to [KelseyCareAdvantage.com](https://www.kelseycareadvantage.com) → Members → New Member Hub.



Get the Most From Your Medicine: *Medication Therapy Management (MTM)*

Do you take several medications for different health problems? The KelseyCare Advantage Medication Therapy Management (MTM) program can help you get the best results from your drugs.

How MTM Works

The MTM program is free and voluntary for members who qualify.

If you are invited to join, a pharmacist will provide a complete and personalized review of all your medications and will talk with you about:

- How to take your prescriptions correctly.
- Ways to get the most benefit from your drugs.
- Any questions or problems you have, including costs or side effects.

The MTM program is a valuable service designed to help members with complex health needs. It is about working with your care team to make sure your medications are safe and effective.



Learn More

To read more details about this program, visit the **Medication Therapy Management** program section of [KelseyCareAdvantage.com](https://www.kelseycaresadvantage.com) → [Members](#) → [Prescription Drug Benefits](#).

If you have questions about this program, you can call Member Services at 713-442-CARE (2273) or toll-free at 1-866-535-8343 (TTY: 711).

Automatic Support: *KCA's Safe Discharge Program*

KelseyCare Advantage created the Safe Discharge program to make sure you stay healthy and get the best care after a trip to the Emergency Department (ED).

There's no need to call us or sign up—the program starts working automatically whenever you visit the ED. The goal: to keep you from being admitted to the hospital if you can be safely treated another way.

Your Automatic Benefit: Help Starts at the ED

Our nurse navigators work quickly with the ED doctor to find the best next steps for you. They can tell the ED doctor about Kelsey-Seybold programs and resources that may serve as alternatives to admission.

Getting You Back to Your Doctors

If the ED doctor decides you are safe to go home, your nurse navigator will manage your discharge to coordinate follow-up care and ensure a smooth transition.

- **Follow-Up Care:** The nurse quickly helps you set up the right appointments you need.
- **Smooth Transition:** The main purpose is to transfer your care smoothly and directly back to your Primary Care Provider (PCP) and specialists so they can manage your recovery.

We believe working closely with your providers is the best way to protect your health—that's what this Safe Discharge program is all about.

Your Plan, Your Guide: *Using Your Evidence of Coverage (EOC)*

Do you want to get the most from your KelseyCare Advantage plan? The best place to start is with your 2026 Evidence of Coverage (EOC).

Think of the EOC as the instruction book for your plan. It tells you what your plan will pay for and how much it will cost you.

Look at your EOC first for answers about...

- **Costs:** What you pay for premiums, copays, and coinsurance.
- **Benefits:** The services your plan covers.
- **Emergencies:** What to do if you need urgent care.

Get Your EOC

Getting your full EOC document is simple and fast online!

- **Online:** Visit KelseyCareAdvantage.com → [Members](#) → [Plan Documents](#) to find the EOC for your plan (Core, Freedom, or Signature).
- **Printed Copy:** Call Member Services at 713-442-CARE (2273) or toll-free at 1-866-535-8343 (TTY: 711) to request a printed version of your 2026 EOC.

We encourage you to look at your EOC today and get to know your plan!



Thrive All Year: *Monthly Tips for Your Health & Happiness*

Each month brings opportunities to focus on specific areas of well-being:

January: Glaucoma Awareness

Glaucoma is a leading cause of blindness, often with no symptoms in its early stages. Protect your vision by getting a comprehensive eye exam, especially if you have a family history. Early detection is crucial for managing glaucoma effectively and preserving your sight.

February: Heart Health

February is the perfect time to focus on your heart health! Keep your heart strong by eating a balanced diet, staying active, and proactively managing stress. Schedule a check-up with your doctor to discuss your cardiovascular risk, blood pressure, and any specific screenings you may need.

March: Nutrition Awareness

Good nutrition is the foundation of good health. This month, make it a priority to fuel your body with a variety of colorful fruits and vegetables, choose whole grains, and limit processed foods and added sugars. Small changes to your eating habits can lead to big improvements in your overall well-being.



Prioritize Your Health: *Schedule Your Preventive Screenings Now*

The start of a new year is the perfect time to focus on your health. Preventive screenings are key to maintaining your well-being, helping you and your provider find and address serious concerns early.

The Power of Your Annual Physical/HRA

Your Annual Physical/Health Risk Assessment (HRA) is one of the most important steps you can take. During your HRA, you'll work with your

provider to review your health, update your care plan, and schedule your preventive screenings for the year.

Key Screenings to Include

Your provider will help you determine which screenings and tests you need based on your health history and age. The chart below offers a quick overview of commonly recommended screenings.

Annual Screenings	Cancer Screenings	Diabetes Screenings	Additional Screenings as Needed
<ul style="list-style-type: none">Flu vaccineBlood pressure checkHeight, weight, and BMI (body mass index)	<ul style="list-style-type: none">Breast Cancer: Every 2 years up to age 74, or as needed.Prostate Cancer: For men up to age 69, or as needed.Colon Cancer: Screening is recommended up to age 75, with options including:<ul style="list-style-type: none">- Colonoscopy (every 10 years)- FIT-DNA test (every 3 years)- Fecal occult blood test (FOBT) (yearly)	<ul style="list-style-type: none">Hemoglobin A1c (HbA1c)LDL cholesterolUrine test for proteinComprehensive eye exam with dilated retinal screeningBlood test for kidney function	<ul style="list-style-type: none">Bone density test (<i>based on your doctor's recommendation</i>)Review of advance directives (<i>Power of Attorney, Living Will, etc.</i>)

Take Action Today

- Be proactive! You may receive a call to schedule your Annual Physical/HRA, but why wait? Use **MyKelseyOnline** or call **713-442-0000** to book your appointment today.
- Download our Key Questions to Ask Your PCP flyer** and take it with you to your next PCP visit. This comprehensive guide includes both essential questions and the Annual Health Checklist. This flyer, as well as other helpful printable resources, is available in the Members Brochures & Guides section under [KelseyCareAdvantage.com](https://www.kelseycare.com/members) → [Members](#) → [MemberResources](#).

Plan for a healthier tomorrow by scheduling your Annual Physical/HRA and preventive screenings today.

CAMPUS SPOTLIGHT:

Fort Bend Campus



Located off University Blvd. at Highway 6 in Sugar Land, the Fort Bend Campus delivers comprehensive medical care for patients in Fort Bend County and the surrounding area.

Comprehensive Medical Specialties and Services

From primary care to an extensive range of top specialties, Kelsey-Seybold's Fort Bend Campus offers convenient and seamless access to quality care. Additionally, expanded outpatient services are now available, including a newly opened Cancer Center, offering infusion and radiation treatments, as well as a state-of-the-art Ambulatory Surgery Center.

Highlights include:

- Cardiology
- Dermatology
- ENT
- Gastroenterology
- Gynecology
- Hematology / Oncology
- Neurology
- Ophthalmology / Optometry
- Orthopedics & Sports Medicine
- Rheumatology
- Urology
- Plus 29 total specialties available!

On-Site Conveniences

- Kelsey Pharmacy with Drive-Thru
- On-site Diagnostics (X-ray, MRI, Ultrasound)
- Digital 3D Mammography and Bone Density Testing
- Laboratory Services
- Free Parking and Free Wi-Fi

Location and Contact Info

Fort Bend Campus
11555 University Blvd.
Sugar Land, TX 77478

Hours

Clinic Hours

Monday-Friday: 8 a.m. - 5 p.m. | Saturday: 9 a.m. - 2 p.m.

Pharmacy Hours

Monday-Friday: 8:30 a.m. - 5:30 p.m.

Lab Hours

Monday-Friday: 7 a.m. - 5 p.m. | Saturday: 8 a.m. - 2 p.m.

Radiology Hours

Monday-Friday: 7:00 a.m. - 5:15 p.m.



Appointments: Call 713-442-0000, or use [MyKelseyOnline](#).



For more information and driving directions, visit [Kelsey-Seybold.com](#) → [Locations](#) then select Fort Bend Campus from the Filter by Location option.

KelseyCare Advantage



11511 Shadow Creek Parkway
Pearland, TX 77584

Important Plan Information

Connect With Us On Social Media!



Don't miss out! Stay social with us by connecting on our official channels.

If you haven't already, please follow us on Facebook, Instagram, and LinkedIn!

On our social sites, you'll find:

- **Timely Updates:** Get immediate notifications on Kelsey-Seybold Clinic news, including changes to hours of operation or closures due to bad weather.
- **Plan Information:** See the latest KelseyCare Advantage plan updates.
- **Health & Wellness Features:** Discover cutting-edge health and lifestyle information you can share with your friends and family.

