## Find more ways to stay healthy – and save

There are many approaches to supporting good health. In addition to your doctor's care, Kaiser Permanente members can access a variety of complementary and alternative care resources to help you get active and stay healthy.

With the ChooseHealthy® Program,<sup>1</sup> you'll get preferred rates for many specialty health and fitness services, including:

- Acupuncture
- Chiropractic care
- Fitness center access
- Massage therapy

You also get access to online wellness information, activity tracking and other tools, and a health and wellness library – at no additional cost.





## Find an acupuncturist, chiropractor, or massage therapist

Get 25% off contracted providers' standard fees when you make an appointment through ChooseHealthy. You don't need a referral from your doctor, and you can see a contracted provider as many times as you want. Here's how:

- Choose a contracted provider at kp.org/choosehealthy. Select your area, then click the "ChooseHealthy" link. To search the provider directory, click the "Find a Provider" tab at the upper left. Or call ChooseHealthy at 1-877-335-2746 to check your options.
- To make an appointment, just contact the ChooseHealthy contracted provider you'd like to see. Be sure to bring your Kaiser Permanente ID card to your appointment.





## Join Active&Fit Direct<sup>™</sup>and get moving

The Active&Fit Direct program offers access to fitness center memberships for just \$25 a month, plus a \$25 enrollment fee.<sup>2</sup> Choose from more than 10,000 participating fitness centers and instructor-led classes nationwide and start exercising today. Here's how:

- Find a participating fitness center near you at kp.org/choosehealthy. Select your area, click the "ChooseHealthy" link, then click "Learn More" in the Active and Fit Center.
- Click "Enroll Now" to create an account, pay your applicable fees, and join. Your credit card will be charged monthly by Active&Fit Direct and you can cancel any time after the first 3 months at kp.org/choosehealthy.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057