



Wellness for the whole you

Get lower prices on many specialty health and fitness programs

The road to good health can take you well beyond your doctor's office. With Kaiser Permanente, you get a wide range of wellness resources. You can even pay lower fees on many non-Kaiser Permanente services designed to help you get active and stay healthy.

With the ChooseHealthy™ program, you'll receive discounts for many specialty health and fitness programs and services. You can pick from:

- Acupuncture
- Chiropractic care
- Fitness club memberships
- Massage therapy
- Select fitness brands, like Fitbit

You can also go online to find wellness information, activity trackers and other tools, and a health and wellness library—all at no cost.

Discover more ways to thrive



Find an acupuncturist, chiropractor, or massage therapist

Get 25% off regular fees when you see providers that are available through the ChooseHealthy program. You don't need a referral from your doctor, and you can see a provider as many times as you want.

- **Choose a 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 to check your options.
- **Call to make an appointment.** Just contact the ChooseHealthy provider you'd like to see, and be sure to take your Kaiser Permanente ID card to your appointment.



Join Active&Fit Direct™ and get moving

The Active&Fit Direct program offers access to fitness center memberships for just \$25 a month, plus a \$25 enrollment fee.* Choose from more than 9,000 participating fitness centers and instructor-led classes nationwide and start exercising today.

Here's how:

1. 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.
2. Click "Enroll Now" to create an account, pay your applicable fees, and join. Your credit card will be charge monthly by Active&Fit Direct and you can cancel any time after the first 3 months on **kp.org/choosehealthy**.

* Prices shown do not include applicable taxes.

For more information about services available through ChooseHealthy:



Call **877-335-2746**, Monday through Friday, from 5 a.m. to 6 p.m.



Visit **kp.org/choosehealthy**.



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