

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,¹ 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:

1. 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.
2. 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™ – and get moving

The Active&Fit Direct program offers access to fitness center memberships for just \$25 a month, plus a \$25 enrollment fee.² Choose from more than 10,000 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 charged monthly by Active&Fit Direct and you can cancel any time after the first 3 months at **kp.org/choosehealthy**.