

## For more information about ChooseHealthy® offerings:

Call **1-877-335-2746**, Monday through Friday from 5 a.m. to 6 p.m. Pacific time.

Visit [kp.org/choosehealthy](https://kp.org/choosehealthy).



1. Please note: The ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all services from those providers, but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program also provides access to the Active&Fit Direct™ program, which provides discounted access to fitness centers. The ChooseHealthy program does not make any payments directly to those participating providers or to the Active&Fit Direct program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability.

The programs described above are provided by ChooseHealthy, Inc., and American Specialty Health Fitness, Inc., both subsidiaries of American Specialty Health Incorporated (ASH). ChooseHealthy and Active&Fit Direct are trademarks of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners. Not all services may be available in all areas, and the program may be changed (including monthly and enrollment fees and/or the introductory period) or discontinued at any time.

2. Prices shown do not include applicable taxes and are subject to change.

The ChooseHealthy products and services are provided by entities other than Kaiser Foundation Health Plan, Inc., Kaiser Foundation Hospitals, and their respective subsidiaries, and the Permanente Medical Groups (collectively “Kaiser Permanente”), and Kaiser Permanente disclaims any liability for the ChooseHealthy products and services.

Some Kaiser Permanente members may have coverage through their health plan for some of the same services available through ChooseHealthy. Check your Kaiser Permanente *Evidence of Coverage* or *Membership Agreement* for details or call Kaiser Permanente’s Member Service Contact Center before accessing the discounted services. If a problem arises with the discounted services, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Contact Center.

In California: **1-800-464-4000** or **711** TTY

In Mid-Atlantic States: **301-468-6000** or **711** TTY

In Georgia: **404-261-2590** or **711** TTY

In Denver/Boulder: **303-338-3800** or **711** TTY

In Mountain Colorado area: **1-844-837-6884** or **711** TTY

In Northern Colorado area: **1-844-201-5824** or **711** TTY

In Southern Colorado area: **1-888-681-7878** or **711** TTY

In Washington: **1-888-901-4636** or **711** TTY

## Support your health with complementary care

Get lower prices on many specialty health and fitness services



# 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:

1. Choose a contracted provider at [kp.org/choosehealthy](https://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.<sup>2</sup> 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](https://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](https://kp.org/choosehealthy).