

## 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](http://kp.org/choosehealthy).



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 the Member Service Contact Center for your region at the number listed below. If a problem arises with the discounted service, you may also call one of our Member Service Contact Centers to take advantage of the Kaiser Permanente grievance process.

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

The ChooseHealthy program is a product of ChooseHealthy, Inc., and the Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH Fitness). ChooseHealthy, Inc. and ASH Fitness are subsidiaries of American Specialty Health Incorporated (ASH). Active&Fit Direct and ChooseHealthy are trademarks of ASH and used with permission herein.

Please note that the ChooseHealthy program is a discount program; it is not insurance. You can access services from any ChooseHealthy participating provider; referral from a primary care physician is not required. You're responsible for paying the discounted fee directly to the contracted provider.

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., 601 Union St., Suite 3100, Seattle, WA 98101

## 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, you may pay less 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.

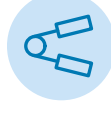
\*The ChooseHealthy products and services are provided by entities other than Kaiser Permanente, and Kaiser Permanente disclaims any liability for them.



## Find an acupuncturist, chiropractor, or massage therapist

Get 25% off contracted provider's standard fees when you make an appointment through the ChooseHealthy program. 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.\* 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](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 on [kp.org/choosehealthy](https://kp.org/choosehealthy).

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