



MEMBER DISCOUNT PROGRAMS

As a Kaiser Permanente member, you can enjoy no-cost and discounted online tools, classes, programs, and activities that can help keep you happy and healthy.

➤ Calm Premium¹ | Online wellness app

Help lower stress and reduce anxiety with the highly rated app for sleep, meditation, and relaxation. Members can access all Calm features at no cost, including:

- 100+ guided meditations
- Video lessons for stretching and gentle movements
- Daily mindfulness themes
- Soothing sleep stories

Members can get Calm at kp.org/selfcareapps.

➤ myStrength^{1,2} | Personalized wellness program

Help increase emotional resilience and adaptability with this app-based wellness program. Members can create a personalized routine that includes:

- Tailored programs for managing depression, stress, anxiety, and more
- Mindfulness and meditation activities
- Tools for setting goals, tracking emotional states, and monitoring progress

Members can get myStrength at kp.org/selfcareapps.

¹Only available to Kaiser Permanente members with medical coverage.

²myStrength is a wholly owned subsidiary of Livongo Health, Inc.





> ClassPass* | Virtual workout classes

We've partnered with fitness industry leader ClassPass to give Kaiser Permanente members online and in-person access to 30,000 gyms and studios around the world. Members get:

- Unlimited access to 4,000+ on-demand classes
- Cardio, yoga, barre, meditation, and more
- Discounts on livestream and in-person classes
- Top-rated studios worldwide
- Reduced membership rates and more

Start your new fitness routine now!

Visit kp.org/exercise for step-by-step sign-up directions.

> ChooseHealthy® program

Explore the below options and more at kp.org/choosehealthy.

25% discount off usual and customary fees when seeking services from providers in the ChooseHealthy network

- Chiropractic care
- Massage therapy
- Acupuncture

Discounted products and services

- **Product discounts.** Fitbit, Skechers, Vitamix, Dell, and more
- **Gym membership.** Gym, fitness club, and yoga studio access nationwide through Active&Fit Direct™

REGISTER TODAY!

1. To register for access to discounts or to find a participating fitness center near you, go to kp.org/choosehealthy and sign in to kp.org.
2. Click the "ChooseHealthy" link, then click "Register" on the ChooseHealthy homepage.

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> Complementary Health Plan (CHP) Active and Healthy program

Explore the below options and more at chpactiveandhealthy.com.

Kaiser Permanente Affinity | Discounts on integrative health care

Members receive a 20% discount from our network providers on services including:

- Chiropractic care
- Massage therapy
- Naturopathic medicine
- Acupuncture

Discounted products and services

- Lift tickets
- Weight management programs
- Yoga and Pilates
- Sporting events
- Vitamins and supplements
- Gyms and classes
- Guided tours
- Retail items

REGISTER TODAY!

1. Find a CHP provider.

Go to chpgroup.com/find-a-provider, choose "Kaiser Permanente Self-Referred" as the Participating Plan, and then search by specialty, address, name, and more.

2. Schedule your appointment.

At your appointment, identify yourself as a Kaiser Permanente member, and you'll receive a 20% discount off the provider's usual and customary fees.

> Other discount programs

Vision Essentials by Kaiser Permanente everyday values

- Discounted frames and lenses
- Glasses and contact lenses direct-shipped at no additional cost
- Shop online for exclusive single vision frame and lens complete packages

Learn more at kp2020.org/pacnw.

Comfort Keepers®

Various discounts, including in-home assessments, available from a leader in nonmedical, in-home services. Visit comfortkeepers.com.

LifeStation® medical alert

Round-the-clock medical alert services. Call **1-866-745-7575** for more information.

Mom's Meals NourishCare®

Receive a special price for a meal plus sides and shipping on freshly made, fully prepared, ready-to-eat meals delivered to your door. Visit momsmealsnc.com for more information.

PERSONALIZED PROGRAMS

Speak with a health coach to set goals at **1-866-301-3866** (option 2).

Visit kp.org and click "Health & Wellness" for programs and classes. Or visit kp.org/healthengagement for Health Engagement and Wellness Services.

These products and services are provided by entities other than Kaiser Foundation Health Plan of the Northwest (KFHPNW). Certain KFHPNW benefit plans include coverage for some of these discounted services. Check your *Evidence of Coverage* for details. KFHPNW disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of our grievance process by calling Member Services at **1-800-813-2000** (TTY **711**).