



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.

> 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.





> 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.

> Other discount programs

Vision Essentials by Kaiser Permanente everyday values

- Discounted frames and lenses
- Glasses and contact lenses direct-shipped at no additional cost
- Eyewear shows throughout the year

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.