



# 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 Premium<sup>1</sup> | 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](https://kp.org/selfcareapps).

## > myStrength<sup>1,2</sup> | 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](https://kp.org/selfcareapps).

<sup>1</sup>Only available to Kaiser Permanente members with medical coverage.

<sup>2</sup>myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.





## > ClassPass<sup>1</sup> | 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](https://kp.org/exercise) for step-by-step sign-up directions.

## > ChooseHealthy<sup>®</sup> program<sup>2</sup>

Explore the below options and more at [kp.org/choosehealthy](https://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, 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](https://kp.org/choosehealthy) and sign in to [kp.org](https://kp.org).
2. Click the "ChooseHealthy" link, then click "Register" on the ChooseHealthy homepage.

<sup>1</sup>Only available to Kaiser Permanente members with medical coverage.

<sup>2</sup>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.



## > Discounts and programs from The CHP Group

Register online for discounts on products and services at [chpactiveandhealthy.com](https://chpactiveandhealthy.com). Membership is free for Kaiser Permanente members in Oregon and Southwest Washington.

### Discount categories include:

- Beauty and personal care
- Eating well
- Education and learning
- Exercise
- Outdoor activities
- Relaxation and stress management
- Sports
- Travel

### 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

### USE YOUR DISCOUNT!

#### 1. Find a CHP provider.

Go to [chpgroup.com](https://chpgroup.com) and click on "Find a Provider," choose "Kaiser Permanente Self-Referred" from the "Participating Plan" pull-down menu, 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

- Save 30% off each additional pair of frames and lenses.
- Kids lenses are 50% off full price.
- Glasses and contact lenses can be direct-shipped at no additional cost.
- Shop online for exclusive single vision frame and lens complete packages.
- Receive 50% off the original price paid for frames and/or lenses (of the same prescription) if they become damaged or broken within one year of purchase at a Northwest Vision Essentials by Kaiser Permanente location.

Learn more at [kp2020.org/pacnw](https://kp2020.org/pacnw).

### Comfort Keepers®

Various discounts, including in-home assessments, available from a leader in nonmedical, in-home services. Visit [comfortkeepers.com](https://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](https://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](https://kp.org) and click "Health & Wellness" for programs and classes. Or visit [kp.org/healthengagement](https://kp.org/healthengagement) for Health Engagement and Wellness Services.

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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**).