



# Wellness for the **WHOLE YOU**

Complementary health and fitness programs  
to help you stay healthy for less.

# Do more to stay healthy.

Your journey to good health may take you many places: a fitness class, your doctor's office, a health food store, or a bike trail.

Now you can discover a new path to feeling good, healthy, and strong. As a Kaiser Permanente member, you can access a complementary health and fitness program provided by ChooseHealthy™ to help you stay well.

ChooseHealthy offers you reduced rates on:

- Acupuncture
- Massage therapy
- Chiropractic care
- Membership at fitness facilities

You also get free access to online wellness programs, trackers, and other tools, and an online health and wellness library.

## Find a provider

You have your choice of many chiropractors, acupuncturists, and massage therapists from a national network of contracted providers. And as a Kaiser Permanente member, you receive a 25 percent discount on their regular rates. You don't need a referral from your doctor to make an appointment, and there's no limit on how many times you may see a provider.

# PAY LESS TO DO IT.

- **To choose a chiropractor, acupuncturist, or massage therapist,** go to **kp.org/choosehealthy** and select your region. Then click on the ChooseHealthy link, which will take you to the program's homepage. You can view the provider directory by clicking on the "Find a Provider" tab in the upper left. You can also call the ChooseHealthy customer service line.
- **Once you make your selection,** call the participating provider directly to set up an appointment. When you arrive, show your Kaiser Permanente ID card to get your 25 percent discounted rate. You'll pay the provider directly—no money is sent to Kaiser Permanente. ChooseHealthy does not make payments to contracted providers.

## Get active

Enjoy a 10 percent discount on membership rates at participating fitness facilities and stay active. To find and join a facility near you, go to **kp.org/choosehealthy**, select your region, and follow the ChooseHealthy links to the program page. Then click on the "Find Provider" tab. Or call the ChooseHealthy customer service line.



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In California: **1-800-464-4000** or **1-800-777-1370** TTY/TDD  
In Mid-Atlantic: **301-468-6000** or **301-879-6380** TTY/TDD

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In Ohio: **1-800-686-7100** or **1-877-676-6677** TTY/TDD  
In Denver/Boulder: **1-800-632-9700** or **303-338-3820** TTY/TDD  
In Colorado Springs: **1-888-681-7878** or **1-800-521-4874** TTY/TDD  
In Georgia: **404-261-2590** or **1-800-255-0056** TTY/TDD

## Contact us

If you have any questions about the services provided by ChooseHealthy, please call the customer service line at **1-877-335-2746**, Monday through Friday, from 5 a.m. to 6 p.m. Pacific time.

Get up. Get out.  
**AND THRIVE.**





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

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 Ohio • 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



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Member and Marketing Communications 80203 January 2012

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