



# Member no-cost and 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.

## > NEW — Ginger<sup>1,2,3,4,5</sup> | 24/7 emotional support

**ginger** Ginger's emotional support coaches are available on-demand to help with stress, low mood, sleep troubles, and more. Access features that include:

- **Text with a coach anytime, anywhere, 24/7.**
- **Discuss goals, share challenges, and create an action plan with your coach.**
- **Get personalized, interactive skill-building tools from your coach via a library of more than 200 activities.**

Members can get Ginger at [kp.org/selfcareapps](https://kp.org/selfcareapps).

## > Calm Premium<sup>1,2,3,5</sup> | Online wellness app

**Calm** 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>1,2,3,5,6</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).

## > ClassPass<sup>7</sup> | Virtual workout classes



We've partnered with fitness industry leader ClassPass to give Kaiser Permanente members online and in-person access to 40,000 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® program<sup>8</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

#### Save on top fitness brands

As a Kaiser Permanente member, you can get special savings of 10% to 15% off:

- Activity trackers from brands like Fitbit and Garmin
- Workout apparel from brands like PRO Compression and Skechers
- Exercise equipment from brands like Echelon and LifeSpan
- Gym membership from 12,200+ participating gyms nationwide.

**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.

## > 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.
- 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** or visit [lifestation.com/advantage](https://lifestation.com/advantage) 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.

### Carelinx

Receive non-medical, in-home help with daily activities. Visit [carelinx.com/kp-affinity](https://carelinx.com/kp-affinity) or call **1-855-271-2656** for more information.

### Lively™ Mobile Plus

Receive a special price for a Personal Emergency Response System. Call **1-800-205-6548** or visit [lively.com/partners/kp](https://lively.com/partners/kp) 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.

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)**.

**1.** The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. The apps and services may be discontinued at any time. **2.** The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are available to enrollees and family members who become members of Kaiser Permanente. **3.** Calm and myStrength can be used by members 13 and over. The Ginger app and services are not available to any members under 18 years old. **4.** Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Ginger app and services. **5.** Eligible Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost. Calm, Ginger, and myStrength are not available to Kaiser Permanente Dental-only members. **6.** myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc. **7.** ClassPass is not available to Kaiser Permanente Dental-only members. **8.** 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.