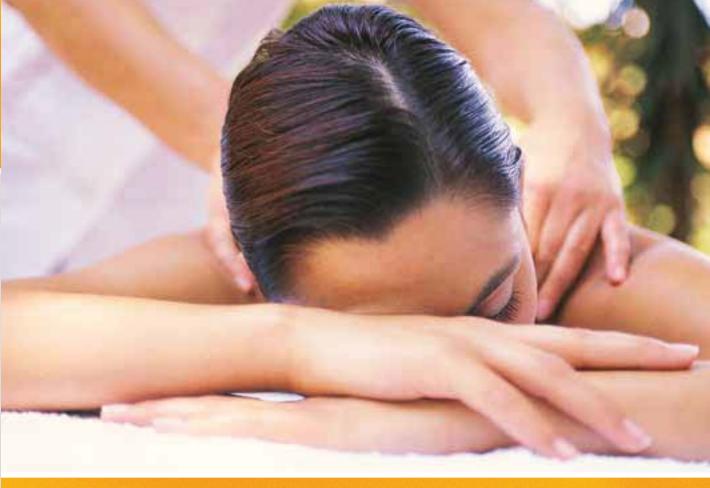
Get up. Get out. AND THRIVE.





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 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 NF Multnomah St. Suite 100 Portland OR 97332

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Wellness for the WHOLE YOU

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



Do more to stay healthy. PAY LESS TO DO IT.



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 specialty health and fitness services through our ChooseHealthy® Program, provided by American Specialty Health Administrators, Inc. (ASH Administrators), to help you stay well.

The ChooseHealthy Program offers you reduced rates on:

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

You also get complimentary 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 contracted national chiropractors, acupuncturists, and massage therapists. 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.

- 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 home page. 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 contracted provider directly to make 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. ASH Administrators 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 link to the program page. Then click on the "Find a Provider" tab. Or call the ChooseHealthy customer service line.

These products and services are provided by entities other than Kaiser Permanente. Some Kaiser Permanente benefit plans include coverage for some of these preferred-rate services. Plan benefits must be used before those preferred-rate services are available. Check your *Evidence of Coverage* for details. Kaiser Permanente disclaims any liability for these preferred-rate products and services. Should a problem arise, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Call Center.

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

The products and services described are provided by entities other than Kaiser Permanente and are neither offered nor guaranteed under your Kaiser Foundation Health Plan contract. Kaiser Permanente does not endorse or make any representations regarding the quality or medical efficacy of such products and services, nor the financial integrity of these entities. Kaiser Permanente disclaims any liability for these products and services. Some Kaiser Permanente members may have coverage through their health plan for some of the same services available through ChooseHealthy. Members should check their Evidence of Coverage or call our Member Service Call Center prior to utilizing the discounts.

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 through the ChooseHealthy Program, please call the customer service line at **1-877-335-2746**, Monday through Friday, from 5 a.m. to 6 p.m. Pacific time.