



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.

> NEW — Ginger | 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 for 90 days.**
- **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/selfcare.

> Calm Premium* | 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/selfcare.

*Only available to Kaiser Permanente members with medical coverage.





> myStrength^{1,2} | Personalized wellness program

myStrength 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/selfcare.

> ClassPass¹ | Virtual workout classes

classpass 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 for step-by-step sign-up directions.

¹Only available to Kaiser Permanente members with medical coverage.

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

> 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, 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.

> Discounts and programs from The CHP Group

Register online for discounts on products and services at 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 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.

*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.

> 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.

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** or visit 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 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.

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**).