



Kaiser Permanente A better choice for good health

# Extra value and discounts for members

At Kaiser Permanente, you can enjoy free and discounted online tools, classes, programs, and activities that can help keep you happy and healthy. Visit [kp.org/memberdiscounts](http://kp.org/memberdiscounts) for more information.

## Member discounts

- **CHP Active and Healthy.** Save money on theater, movie, and symphony tickets; sporting activities; and more. Visit [chpactiveandhealthy.com](http://chpactiveandhealthy.com) for more information.
- **Alternative care and chiropractic.** Get discounts on naturopathic medicine, chiropractic care, massage, and other alternative therapies from providers belonging to The CHP Group network. Visit [chpgroup.com](http://chpgroup.com).
- **Comfort Keepers®.** Get a 5 percent discount on services from Comfort Keepers, a leader in nonmedical, in-home services. Members are also eligible for a complimentary, no-obligation home safety assessment and more. In Oregon, call **503-855-4415**. In Washington, call **360-687-0025**. For TTY, call **711**. Visit [comfortkeepers.com](http://comfortkeepers.com) for more information.
- **LifeStation® medical alert.** Members who are permanent residents of the Northwest Region qualify for a discounted rate on round-the-clock medical alert services from LifeStation, one of the nation's largest medical alert service providers. Call **1-866-745-7575** (toll free) for more information.
- **Mom's Meals NourishCare®.** Members receive a special price of \$5.98 for a meal, plus sides, and free shipping on fresh-made, fully prepared, ready-to-eat meals delivered to your door. Meals arrive in fresh-lock packaging, stay fresh in the refrigerator for two weeks, and are available to meet gluten-free, low-sodium, vegetarian, and other needs. Call **1-866-224-9483** Monday through Friday from 6 a.m. to 4 p.m., Pacific time, or visit [MomsMealsNC.com](http://MomsMealsNC.com).
- **ChooseHealthy™.** Online resource for health information, health and fitness tools, and discounts on health products. For details, go to [kp.org/choosehealthy](http://kp.org/choosehealthy).

## FREE, PERSONALIZED ONLINE PROGRAMS

We invite you to take an active role in improving your health with free programs that help you create a healthier lifestyle at [kp.org/healthylifestyle](http://kp.org/healthylifestyle). Some of the programs available are:

- Lose weight with HealthMedia® Balance®.
- Quit smoking with HealthMedia® Breathe®.
- Manage diabetes with HealthMedia® Care® for Diabetes.
- Some programs are available in Spanish at [kp.org/vidasana](http://kp.org/vidasana).

## TALK WITH A HEALTH COACH

A health coach can help you set health goals and develop a wellness plan. Coaches are available Monday through Friday, 8 a.m. to 5 p.m., at **503-286-6816** or **1-866-301-3866** (toll free). Select option 2. This service is free for Kaiser Permanente members.

## TOTAL HEALTH ASSESSMENT

In a simple online survey, members answer questions about their physical activity and eating habits to get a customized action plan. Members can even link their results to their electronic health record to review with their physician. Visit [kp.org/tha](http://kp.org/tha).

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.

To learn more about Kaiser Permanente, visit [kp.org](http://kp.org).

