

Kaiser Health & Discount Program

These programs are available to Kaiser members and their covered dependents. Programs are free unless otherwise noted.

Program	Enroll or Get More Info
<h2 data-bbox="110 583 532 625">Healthy Lifestyle Programs</h2> <h3 data-bbox="110 646 490 678">Personalized Online Programs</h3> <p data-bbox="110 688 974 747">Take a health assessment and get advice, encouragement, and tools to make healthy changes, such as:</p> <ul data-bbox="126 758 505 827" style="list-style-type: none"><li data-bbox="126 758 440 785">• Eating healthy, losing weight<li data-bbox="126 800 505 827">• Quitting smoking,* reducing stress <p data-bbox="110 842 607 869">Learn how to manage health conditions, such as:</p> <ul data-bbox="126 884 461 947" style="list-style-type: none"><li data-bbox="126 884 461 911">• Pain management, depression<li data-bbox="126 919 347 947">• Diabetes, insomnia	<p data-bbox="1096 579 1344 606">kp.org/healthylifestyles</p>
<h2 data-bbox="110 1045 407 1087">Wellness Coaching</h2> <p data-bbox="110 1104 997 1163">When you need help making lifestyle changes, call a wellness coach. They can help you make a customized plan to:</p> <ul data-bbox="126 1178 672 1247" style="list-style-type: none"><li data-bbox="126 1178 672 1205">• Manage your weight, eat healthier, increase activity<li data-bbox="126 1220 444 1247">• Reduce stress, quit tobacco*	<p data-bbox="1096 1024 1446 1083">Visit kp.org/wellnesscoach or call 866.862.4295</p>
<h2 data-bbox="110 1325 386 1367">Active&Fit® Direct</h2> <h3 data-bbox="110 1381 483 1413">Discounted Gym Membership</h3> <p data-bbox="110 1430 1013 1488">Get a fitness center membership for just \$25 a month, plus a \$25 enrollment fee. Choose from thousands of participating fitness centers and instructor-led classes nationwide.</p>	<p data-bbox="1096 1318 1511 1409">Visit kp.org, click the Health & Wellness tab, then select the Programs & Classes header.</p>
<h2 data-bbox="110 1566 683 1608">Center for Healthy Living Workshops</h2> <p data-bbox="110 1625 1040 1684">Attend workshops to help you manage diabetes, quit tobacco, sleep better, plan for your future health care, or have a healthier heart. There's also a fee-based weight-loss workshop.</p>	<p data-bbox="1096 1560 1511 1650">Visit kp.org, click the Health & Wellness tab, then select the Programs & Classes header.</p>

* Plus, tobacco cessation drugs are covered by your medical plan at no cost

need
help?

For more information,
contact Kaiser at **800.464.4000**

Choose Healthy

kp.org/centerforhealthyliving

Discount Program

- 25% off regular rates for contracted acupuncturists, massage therapists, and chiropractors and 10% off at participating fitness centers
- Discounts on health-related products (e.g., fitness trackers, workout gear)
- Access to online wellness information, activity tracking and other tools

Learn More About Your Health

Visit kp.org, click the **Health & Wellness** tab, then select the **Programs & Classes** header.

Online Resources

On kp.org, you can find interactive tools and reference guides to find answers to your health questions and help you make decisions about your care.

Kaiser Maternity Site

kp.org/maternity

Better understand and manage your pregnancy with:

- Support from a maternity nurse, trustworthy referrals, and a pregnancy book
- Additional postpartum support

Self-Care Apps

kp.org/selfcareapps

These apps can help you build resilience, set goals, and take meaningful steps toward becoming healthier and happier. Choose the areas you want to focus on – including managing depression, reducing stress, improving sleep, and more.

- **Calm** is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality
- **myStrength** offers personalized programs with interactive activities, daily health trackers to monitor and maintain progress, in-the-moment coping tools and more

Mental Health Coaching

Download Ginger today!

From stress and low mood to issues with work, relationships, and sleep. Ginger's skilled emotional support coaches are accessible for FREE 24/7, so you can get the guidance you need when you need it most. Text with a coach using the Ginger app to:

Northern California:
kp.org/coachingapps/ncal

Southern California:
kp.org/coachingapps/scal

- Discuss goals, share challenges, and create an action plan with your coach.
- Get personalized, interactive skill-building tools from your coach and a library of more than 200 activities on the app.
- View recaps from each texting session and track your progress.
- Work with your coach to create an action plan to help you reach your goals.

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