

LIFE IS OUT THERE.

Get up. Get out. And thrive.



TAKE CARE OF THE WHOLE YOU.

Programs to help you stay healthy for less.

- Chiropractic, acupuncture, or massage therapy.
- Fitness club memberships.
- Phone-based wellness coaching.
- A variety of health tools and products.

kp.org

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KAISER PERMANENTE®  thrive



DO MORE TO STAY HEALTHY.
Pay less to do it.



Your paths to good health may take you many places: your doctor's office, a fitness class, a health-food store, or a bike trail.

Now you can discover another path to feeling good, healthy, and strong—and travel it for less. As a Kaiser Permanente member, you can now access a new program to help you stay well, provided by American Specialty Health Networks, Inc. (ASH Networks), and Healthyroads, Inc.

ChooseHealthy™ offers you reduced, preferred rates on:

- Chiropractic, acupuncture, or massage therapy.
- Fitness club memberships.
- Phone-based wellness coaching.
- A variety of health tools and products.

Need a massage?

Want to try acupuncture? Here's how to get started.

You have a choice of chiropractors, acupuncturists, and massage therapists from a national network of contracted providers. As a Kaiser Permanente member, you receive 25 percent off a provider's regular rates. You don't need a referral from your personal physician to request an appointment for these services, and there's no limit on how many times you may see a provider.

- To select a chiropractor, acupuncturist, or massage therapist, go to kp.org/choosehealthy and view the ASH Networks provider directory. Or call the toll-free customer service line at **1-877-335-2746**.
- Once you make your selection, call the provider directly to set up an appointment. When you arrive, show your Kaiser Permanente identification (ID) card to get your 25 percent off reduced rate. You'll pay the practitioner directly—no money is sent to Kaiser Permanente. ASH Networks does not make payments to contracted providers.
- Enjoy preferred membership rates at fitness clubs near you and stay active. Get a minimum 10 percent reduction off the initiation and/or monthly dues or the best available public rate based on the membership type you select. To join a fitness club, go to kp.org/choosehealthy. Or call toll free **1-877-335-2746** to find a facility near you.

A healthy you online.

In addition to the health resources you find on our Web site, you can link to the ChooseHealthy Web site, kp.org/choosehealthy, to find:

- A directory of ASH Networks contracted providers and fitness clubs.
- An online store featuring a variety of brand-name health products at reduced rates up to

40 percent off the suggested retail price. Plus, shipping is free on most items.

- Multiple online health-assessment tools and health trackers for logging your nutrition, exercise, and more.
- The latest information on health and wellness.

For more information.

If you have any questions about the services provided by American Specialty Health, please call their toll-free customer service line, Monday through Friday from 5 a.m. to 6 p.m. (PT), at **1-877-335-2746**.

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