



long live
YOU

KP.ORG

HEALTHY LIFESTYLE PROGRAMS

If life is what you make it, why not make it healthy?

Kaiser Permanente invites you to take an active role in improving your health with free, customized online programs designed to help you succeed in creating a healthier lifestyle. These programs are brought to you in collaboration with **HealthMedia**[®], and focus on your total health—mind, body, and spirit. They'll help you evaluate your daily routines and discover what steps you can take to get your life headed in a healthier direction.

To select the program you want, choose from the listing on the reverse side, then sign on to **kp.org/healthylifestyles**.*

Fill out the online questionnaire and you'll receive a customized guide to the program you specify. With most programs we'll even follow up with personalized e-mails to help keep you on track. You can start measuring your success within weeks of completing your program.

For programs in Spanish, go to **kp.org/vidasana**.

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*To use these programs for the first time, all you need to do is register at **kp.org/register**. Then sign on with your user ID and password.

kp.org/healthylifestyles

HEALTHY LIFESTYLE PROGRAMS



Take a total health assessment with Succeed™

Our free online total health assessment tool helps you examine the many factors currently affecting your health and prioritize the lifestyle changes it recommends. You can save your summary of results in your electronic medical record so you can discuss next steps with your Kaiser Permanente health care team.†



Lose weight with Balance™

This comprehensive weight loss system is designed by knowledgeable health professionals. Helpful tools and a personalized plan will show you how to coordinate three key areas—mind, food, body—to help you lose weight and keep it off.†



Quit smoking with Breathe™

This award-winning program can help you quit smoking for good. Create a personalized quitting plan with proven strategies for decreasing your dependency and dealing with cravings.‡



Manage diabetes with Care™ for Diabetes

Help manage this complex, chronic disease with a program that's designed around your personal needs so you can lead a healthier, more satisfying life.‡



Manage chronic conditions with Care™ for Your Health

This customized plan helps you handle medications and treatments and face daily challenges—all on a schedule that's convenient for you.‡



Manage back pain with Care™ for Your Back

Give yourself the support you need by evaluating your back pain and learning how to help keep it under control.‡



Manage pain with Care™ for Pain

Everyone's pain and tolerance levels are different. A personalized pain management plan can help you enjoy life to the fullest while dealing effectively with your chronic pain.‡



Eat healthy with Nourish™

You are what you eat. Create a nutrition plan that's custom-made for your lifestyle, with personalized strategies for making smart, satisfying food choices that can improve your health and well-being.†



Manage depression with Overcoming™ Depression

Depression can leave you feeling downcast, extremely tired, or even filled with anxiety, for weeks or months at a time. Learn to lead a happier, fuller life by finding ways to help manage your symptoms.‡



Get a good night's sleep with Overcoming™ Insomnia

Changing the way you think about sleep can help you get some much-needed shut-eye so you wake up refreshed and ready to take on the day.‡



Overcome stress with Relax™

Examine your individual sources and symptoms of stress and develop a customized stress management plan that will help you start living a longer, healthier, more relaxed life.†

†Available in both English and Spanish.

‡Available in English only.

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