



BEING HEALTHY FEELS GREAT

Knowing you have Kaiser Permanente feels even better

At Kaiser Permanente, we're here for you when you're sick. And we're here for you when you're healthy, too.

You probably know all about our quality doctors and convenient locations. But here are some things you might not know about—tools we give you to take an active role in your health, so you can live a healthy, vibrant life.

Make healthy choices—and stick with them

It's hard doing it all on your own. But we can help. With our healthy lifestyle programs, you get your own virtual health coach—free. Create personalized online action plans to help you:

- **lose weight** with HealthMedia Balance®
- **reduce stress** with HealthMedia Relax®
- **eat right** with HealthMedia Nourish®
- **stop smoking** with HealthMedia Breathe®

For more information, visit kaiserpermanente.org/healthylifestyles.

Get moving with Kaiser Permanente 10,000 Steps®*

Start counting on feeling great today. Enjoy a Kaiser Permanente member discount on 10,000 Steps,

an easy-to-use online walking program. Every day, count how many steps you take and track your progress at the 10,000 Steps Web site. Plus, sign up for motivational e-mails, read tips on living an active lifestyle, get ideas for healthy meals, and more. For more information, visit kaiserpermanente.org/10000steps.

Take care of the whole you—for less than you might think

As a member, you get discounts and preferred rates on a host of new products and services.** We've teamed up with American Specialty Health Networks to provide you with alternative ways to get healthy:

- **select fitness club memberships**
- **massage therapy** (25% off regular rate)
- **chiropractic** (25% off regular rate)
- **acupuncture** (25% off regular rate)
- **vitamins and herbal supplements**

And you don't need a referral. A list of participating providers is available at kaiserpermanente.org/healthyroads.

GET HEALTHY. STAY HEALTHY. AND THRIVE.

members.kaiserpermanente.org— better health is just a few clicks away

At our member Web site, you can request prescription refills, schedule routine appointments, check out our health and drug encyclopedias, find doctors and locations near you, and so much more—all from the comfort of your home, 24/7.†



Kaiser Permanente Healthwise® Handbook—advice you can trust, at your fingertips

Our handy guide is full of preventive health and self-care tips on more than 200 topics. For a free copy, call **1-800-395-0333**.

Kaiser Permanente Healthphone— reliable health information, 24 hours a day

Our free, confidential service provides recorded messages on more than 200 topics, including pregnancy, diabetes, and high blood pressure. Just call **1-800-332-7563**.

* 10,000 Steps is a registered trademark of HealthPartners.

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Some Kaiser Permanente members may have coverage through their health plan for some of the same services available through American Specialty Health Network (ASHN). Members should check their *Evidence of Coverage* or call our Member Service Call Center at **1-800-464-4000** prior to utilizing the discounts offered by ASHN.

† To access secure features, register online and we'll send you a password via U.S. mail in 3 to 7 days.