

# USE YOUR BENEFITS WISELY WITH HELP FROM KAISER



We are committed to offering you comprehensive and competitive benefits that allow you and your family to live well. At the same time, we ask that you make informed health care decisions. Kaiser Permanente offers a variety of tools, resources and programs to help you get affordable, quality care for you and your loved ones.

## SECURE MEMBER WEBSITE

Kaiser's secure member website, **www.kp.org**, puts online tools and information at your fingertips around the clock to help you make educated health care decisions and manage your benefits. When you log on, you can:

- Find network providers
- View most lab results
- Refill most prescriptions
- Email your doctor's office with non-urgent questions
- Schedule and cancel routine appointments
- Print vaccination records for school, sports and camp
- Manage a family member's health
- And more!

## TOOLS & RESOURCES

The tools and resources available on **www.kp.org** can assist you in using your health plan and making informed health choices by providing access to:

- **Healthy Lifestyle Programs:** These free programs provide advice, encouragement and tools to help you make better choices, improve your well-being and create positive changes in your life. They can help you lose weight, eat healthier, quit smoking, reduce stress and manage ongoing conditions such as diabetes and depression. Visit **www.kp.org/healthylifestyles** to get started.
- **Wellness Coaching:** If you need a little extra support, Kaiser has wellness coaches available by phone at no

cost to you. You will work one-on-one with your personal coach to set a plan to help you reach a wide range of health goals. Visit **www.kp.org/wellnesscoach** to get started.

- **ChooseHealthy<sup>SM</sup>:** You can get reduced rates on a variety of products and services including acupuncture, massage therapy services, chiropractic care, gym memberships, vitamins, supplements and more. Visit **www.kp.org/choosehealthy** to get started.
- **Symptom Checker:** Kaiser's Symptom Checker is an interactive visual aid to help you gauge your symptoms. Visit **www.kp.org/symptoms** to get started.

## KP MOBILE APP

Get your benefits on the go with the Kaiser Permanente mobile app. You'll be able to:

- Get advice and/or schedule an appointment from the quick services menu
- View and cancel appointments
- View your prescription list, order refills and check the status of your order
- See detailed medical record updates at a glance
- Review your latest test results
- Send messages to your doctor or Member Services
- Find a nearby facility and get directions

You can download the app via the Apple App Store or Google Play.

## CHOOSEHEALTHY PROGRAM

As a Kaiser Permanente member, you have access to specialty health and fitness services through its ChooseHealthy Program, provided by American Health Specialty Administrators. ChooseHealthy offers a 25 percent discount on:

- Acupuncture
- Massage therapy
- Chiropractic care

In addition, you are eligible for a 10 percent discount on membership rates at participating fitness facilities and have complimentary access to online wellness programs, apps, calculators, tools, trackers and an online health and wellness library. To access the program, go to **www.kp.org/choosehealthy**.

## WELLNESS COACHING

Get the support you need to meet your wellness goals through Kaiser's Wellness Coaching by Phone program. It's offered at no cost to you and includes:

- Convenient telephone sessions
- Counseling from health education professionals with specialized training
- Customized action plans that fit your goals and lifestyle
- Appointment and medication reminders

Go to **www.kp.org** or call the number on your medical ID card to access these programs, tools and resources.