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 & Mobile App

After receiving your Kaiser Permanente ID card, visit kp.org/register to set up your user ID and password. Once you've registered, you'll have free, 24/7 access to My Health Manager. These convenient tools can help you:

- Email your doctor's office with non-urgent questions
- Schedule routine appointments, including video visits with some doctors
- Refill most prescriptions
- View most lab test results
- Print vaccination records for schools, sports and camp
- And more!

You can access the same features through the Kaiser Permanente mobile app! To learn more, visit kp.org/mobile or kp.org/movil (en español). Ready to download? Search for Kaiser Permanente on your phone's app store and activate the app using your kp.org user ID and password.

Healthy Lifestyles Program

After registering, visit kp.org/healthylifestyles to take a total health assessment. Based on your answers, the program will come up with a customized health improvement plan to fit your needs and help you meet your health goals. You can even attach the results to your electronic health record so your doctor can work with you.

To help achieve your goals, you can sign up for a number of complimentary programs:

- Lose weight
- Eat healthier
- Quit smoking
- Reduce stress
- Manage ongoing conditions like diabetes or depression

To get started, visit kp.org/healthylifestyles or kp.org/vidasana (en español).

Healthy Living Helpline

Get help with nutrition, fitness, smoking cessation and other well-being goals by calling a Healthy Living coach at 866-402-4320, Monday through Friday, from 6 a.m. to 7 p.m.

Wellness Coaching

Get the support you need to meet your wellness goals through Kaiser's Wellness Coaching by Phone program. You'll work one-on-one with your personal coach to make a plan to help you reach your health goals. To take advantage, visit kp.org/wellnesscoach.

Health Classes

Find a health class or support group at a Kaiser Permanente location near you by visiting kp.org/classes or kp.org/clases (en español).

LOGO PLACEMENT

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ChooseHealthy Program

As a Kaiser Permanente member, you have access to reduced rates on a variety health-related

products and services:

- **Acupuncture** – up to 25% off a contracted acupuncturist's regular rates
- **ActiveFit&Direct** – pay $25 per month (plus a $25 enrollment fee) to access more than 10,000 fitness centers nationwide
- **Chiropractic care** – up to 25% of a contracted chiropractor's regular rates
- **Massage therapy** – up to 25% of a contracted massage therapist's regular rates

To find a provider, visit kp.org/choosehealthy or call 877-335-2746.

Interactive Tools & Reference Guides

Find answers to your health questions and make informed decisions with help from our online encyclopedias, health guides, calculators, medical directories and databases, recipes, symptom checker, videos and podcasts.

Self-Care Apps

Build resilience, manage depression, reduce stress, improve sleep and more with the help of two confidential, evidence-based self-care apps:

- **Calm** – guided meditations, sleep stories, mindful movement videos and more (not available to KP Washington members)
- **myStrength** – personalized programs with interactive activities, daily health trackers, coping tools and more

Target Clinics

Get care quickly at select Target locations in Southern California. Services include:

- Care for minor illnesses and injuries
- Preventive care visits and checkups
- Skin treatments
- Gynecology
- Vaccinations

Book online ahead of time at kptargetclinic.org.

Member Service Contact Center

The Member Service Contact Center is available 24/7 (closed holidays) to answer your questions:

- **English:** 800-464-4000
- **Spanish:** 800-788-0616
- **Chinese dialects:** 800-757-7585
- **TTY:** 800-777-1370

Questions?

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

LOGO PLACEMENT

This communication is intended to provide you with highlights of services provided by our insurance plan administrator. It is not intended to address all details. For further details on these services, please contact the plan administrator.