

# EXTRA VALUE AND DISCOUNTS FOR MEMBERS

At Kaiser Permanente, you can enjoy free and discounted online tools, classes, programs, and activities that can help keep you happy and healthy.

## Member discounts

- **CHP Active and Healthy.** Save money on theater, movie, and symphony tickets; sporting activities; and more. Visit [www.chpactiveandhealthy.com](http://www.chpactiveandhealthy.com) for more information.
- **Alternative care and chiropractic.** Members get discounts on East Asian medicine, chiropractic care, massage, and other alternative therapies from providers belonging to The CHP Group network.
- **Comfort Keepers®.** Members who are permanent residents of the Northwest Region are eligible for a 5 percent discount on services from Comfort Keepers, a leader in nonmedical, in-home services. Members are also eligible for a complimentary, no-obligation home safety assessment and more. In Oregon, call **503-855-4415**. In Washington, call **360-687-0025** (TTY **1-800-735-2900**). Visit [www.comfortkeepers.com](http://www.comfortkeepers.com) for more information.
- **LifeStation® medical alert.** Members who are permanent residents of the Northwest Region qualify for a discounted rate on round-the-clock medical alert services from LifeStation, one of the nation's largest medical alert service providers. Call **1-866-745-7575** (toll free) for more information.
- **Mom's Meals NourishCare®** Members receive a special price of \$5.98 for a meal plus sides and FREE shipping on fresh-made, fully-prepared, ready-to-eat meals delivered to your door. Ideal for post-hospital or dental surgery recuperation, new moms, and more. Meals arrive in fresh-lock packaging, stay fresh in refrigerator for two weeks, and are available to meet gluten free, low sodium, vegetarian needs and more. Call **1-866-224-9483** Monday through Friday from 6 a.m. to 4 p.m. PST or visit [www.MomsMealsNC.com](http://www.MomsMealsNC.com).
- **ChooseHealthy™.** Members have access to this online resource for health information, health and fitness tools, and discounts on health products. For details, go to [kp.org/choosehealthy](http://kp.org/choosehealthy).

Visit [kp.org/memberdiscounts](http://kp.org/memberdiscounts) for more information.

## Free, personalized online programs

We invite you to take an active role in improving your health with free programs that help you create a healthier lifestyle at [kp.org/healthylifestyle](http://kp.org/healthylifestyle). Some programs are available in Spanish at [kp.org/vidasana](http://kp.org/vidasana).

- Take a total health assessment with HealthMedia® Succeed®.
- Lose weight with HealthMedia® Balance®.
- Quit smoking with HealthMedia® Breathe®.
- Manage diabetes with HealthMedia® Care® for Diabetes.
- Manage pain with HealthMedia® Care® for Pain.
- Manage back pain with HealthMedia® Care® for Your Back.
- Manage ongoing conditions with HealthMedia® Care® for Your Health.
- Eat healthy with HealthMedia® Nourish®.
- Manage depression with HealthMedia® Overcoming™ Depression.
- Get a good night's sleep with HealthMedia® Overcoming™ Insomnia.
- Overcome stress with HealthMedia® Relax®.

## Talk with a Health Coach

A health coach can help you set health goals and develop a wellness plan. Coaches are available Monday through Friday, 8 a.m. to 5 p.m., at **503-286-6816** or **1-866-301-3866** (toll free). Select option 2. This service is free for Kaiser Permanente members.

The products and services described above are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Kaiser Permanente grievance process. These products and services are provided by entities other than Kaiser Foundation Health Plan of the Northwest (KFHPNW). Certain KFHPNW benefit plans include coverage for some of these discounted services. Check your *Evidence of Coverage* for details. KFHPNW disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of our grievance process by calling Member Services at **503-813-2000** or **1-800-813-2000**.



All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.  
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