ChooseHealthy™

Save More. Live Better.™

With the ChooseHealthy® program, offered by your health plan, you can save more on wellness products and services—and discover new ways to live better every day.

The program allows you to:

- Get discounts up to 55% or more on popular health and fitness brands
- Enroll in the Active&Fit Direct™ program, and choose from 9,000+ fitness centers and select YMCAs for $25 a month (see reverse for details)
- Save up to 25% on services from specialty health care practitioners
- Learn from evidence-based, online health classes and articles offered at no extra cost

KAISER PERMANENTE®

Active&Fit DIRECT®

Available Through ChooseHealthy™

The Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers and select YMCAs nationwide for $25 a month (plus a $25 enrollment fee and applicable taxes). Use our easy-to-search online directory to find a location and workout opportunities near you. Other benefits include online fitness tracking and the freedom to switch fitness centers to make sure you find the right fit.

Learn more or access these services by visiting **kp.org/choosehealthy**.

Or you can call **877.335.2746**, Monday – Friday, 5 a.m. – 6 p.m. Pacific Time.

Please note that the ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all services from those providers, but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program also provides access to the Active&Fit Direct program, which provides discounted access to fitness centers and YMCAs. The ChooseHealthy program does not make any payments directly to those participating providers or to the Active&Fit Direct program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability.

The ChooseHealthy program is provided by ChooseHealthy, Inc., and the Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., both subsidiaries of American Specialty Health Incorporated (ASH), a national provider of fitness, health education, musculoskeletal provider networks, and health management programs.

M500-068D-KP (11/18) © 2018 American Specialty Health Incorporated (ASH). All rights reserved. Save More. Live Better., ChooseHealthy, Active&Fit Direct, the Active&Fit Direct logos, and the ChooseHealthy logo are trademarks of ASH.