

## Discover more ways to thrive



The products and services described are provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., and are neither offered nor guaranteed under your Kaiser Permanente contract. Kaiser Permanente does not endorse or make any representations regarding the quality or medical effectiveness of such products and services, nor the financial integrity of these entities.

Kaiser Permanente disclaims any liability for these products and services. Some Kaiser Permanente members may have coverage through their health plan for some of the same services available through ChooseHealthy. The value-added services available under the ChooseHealthy program are separate and apart from any chiropractic, acupuncture, or massage services available under your contract. Please see your *Evidence of Coverage* for information regarding those services covered under your Kaiser Permanente contract.

### For more information about services available through ChooseHealthy:



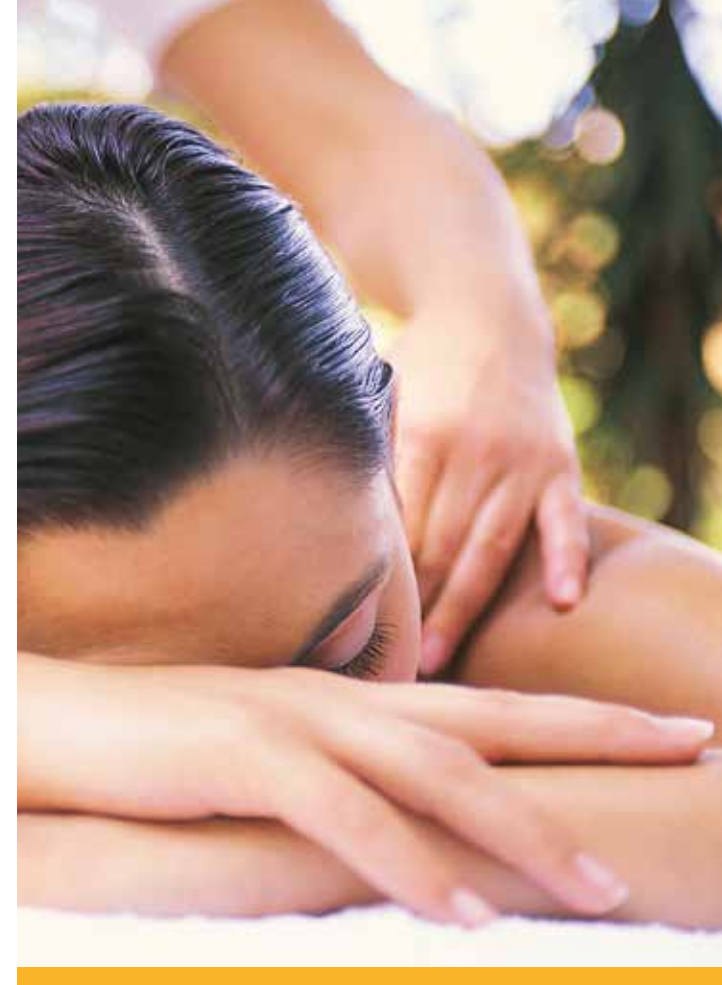
Call **877-335-2746**,  
Monday through Friday,  
from 5 a.m. to 6 p.m.



Visit [kp.org/choosehealthy](https://kp.org/choosehealthy).

The ChooseHealthy program is administered by American Specialty Health Administrators, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.  
2101 E. Jefferson St., Rockville, MD 20852  
60500508 MAS 10/6/16-10/4/17



## Wellness for the whole you

Pay less for many specialty health and fitness programs

# Find more ways to stay healthy – for less



The road to good health can take you well beyond your doctor's office. With Kaiser Permanente, you get a wide range of wellness resources. You can even pay lower fees on many non-Kaiser Permanente services designed to help you get active and stay healthy.

With the ChooseHealthy™ program, you'll pay less for many specialty health and fitness services offered by American Specialty Health. You can pick from:

- Acupuncture
- Chiropractic care
- Fitness club memberships
- Massage therapy

You can also go online to find wellness information, activity trackers and other tools, and a health and wellness library – all at no cost.



## Find an acupuncturist, chiropractor, or massage therapist

Get 25% off regular fees when you see providers available through ChooseHealthy. You don't need a referral from your doctor, and you can see a provider as many times as you want.

- **Choose a provider at [kp.org/choosehealthy](https://kp.org/choosehealthy).** Select your area, then click the "ChooseHealthy" link. To search the provider directory, click the "Find a Provider" tab at the upper left. Or call ChooseHealthy to check your options.
- **Call to make an appointment.** Just contact the ChooseHealthy provider you'd like to see, and be sure to take your Kaiser Permanente ID card to your appointment.



## Join a fitness club and get active

Enjoy a 10% discount on membership at participating fitness clubs. To find a location near you, go to [kp.org/choosehealthy](https://kp.org/choosehealthy). Select your area and click the "ChooseHealthy" link. Then click the "Find a Provider" tab. You can also call ChooseHealthy for help.

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