



## Wellness Resources for Members

### Telephonic wellness coaching

Whether you are trying to eat better, lose weight, get active, or manage stress, getting started and staying motivated can be a challenge. Now you can get the extra support you need to make healthy changes and stick with them just by making a phone call. Simply call **1-866-862-4295**, weekdays, 7am to 8pm to speak with a health coach. This free service is available in English and Spanish to Kaiser Permanente members.

### Health education classes

Learn more about health topics, how to manage health conditions, and how to make healthy changes to your lifestyle. Kaiser Permanente offers classes and programs at our medical offices for members and non-members. Class schedules are available at **kp.org/classes**. Call **1-866-868-7112** to register.

### Webinars

Take an active role in improving your health with our convenient live or recorded webinars from your home or workplace. View free programs through your browser and listen through your telephone or computer. Register for a webinar by visiting **kpwebinar.org**.

### Take a Total Health Assessment

Respond confidentially to questions on physical activity, nutrition, stress, other health behaviors, and your health status and receive a personalized report detailing what you are doing well and what steps you can do to improve your health and well-being. To take the Total Health Assessment, visit **kp.org/THA**. You must be a registered user on **kp.org**. If you are not a registered user, visit **kp.org/register**.

### Quit smoking

Every year more than a million people quit smoking. Even if you've tried quitting before, it's important to keep at it. Most people who try to stop smoking eventually succeed! Visit **kp.org/quitsmoking** to learn more or call the Colorado QuitLine at **1-800-784-8669** for free coaching and support.

### Eat better and healthier

Get tips on shopping or cooking as well as delicious recipes, tips for parents and older adults, and more by visiting **kp.org/nutrition**.



Visit us online at **kp.org**.

## Be happier

Depression is a real—and common—medical illness that can affect your mind and body. It isn't always easy to spot. You can now take immediate steps to recognize and manage depression by visiting [kp.org/depression](http://kp.org/depression).

## Healthy lifestyle programs

Healthy lifestyle programs can help you toss bad habits and create better ones. These programs are personalized and will help you create action plans for reaching your health goals. Available programs include:

- Balance™ for weight management
- Breathe™ for tobacco cessation
- Nourish™ for healthy eating
- Relax™ for stress management
- Care for Your Health™ for living with chronic conditions
- Care for Pain™ to help control your pain
- Care for Diabetes™ to help maintain or control your diabetes
- Care for Your Back™ for minimizing back pain
- Overcoming Insomnia™ to help you get a better night's sleep
- Overcoming Depression™ to learn how to lead a happier, fuller life by managing your symptoms.

To get started, visit [kp.org/healthylifestyles](http://kp.org/healthylifestyles).

## Healthy Living Resource Guide

Look inside Kaiser Permanente's Partners in Health for the Healthy Living Resource Guide. This guide lists all classes, webinars, and support groups currently available to member. Partners in Health and the Healthy Living Resource Guide are also available by visiting [kp.org/formsandpubs](http://kp.org/formsandpubs).

## ChooseHealthy™ discounts

At ChooseHealthy™, you'll find savings on services with a variety of health professionals.

- Chiropractic care-25% off regular rates
- Acupuncture-25% off regular rates
- Massage therapy-25% off regular rates
- Health clubs-preferred membership rates at select clubs
- ChooseHealthy online store-15-40% off suggested retail prices on hundreds of health products

## Center for Complementary Medicine

Kaiser Permanente's Center for Complementary Medicine offers chiropractic, acupuncture, massage, and mind/body medicine services for members. Visit [kp.org/cam](http://kp.org/cam) or [kpccm.org](http://kpccm.org) to learn more about network providers and complementary medicine services.

## Health topics and symptom checker

Check your symptoms, treatment options, and practical steps for preventing or managing conditions by visiting [kp.org/health](http://kp.org/health).

## Drug and natural medicine encyclopedia

Learn about prescription and over-the-counter drugs and supplements including how they work, possible side effects, and more. Visit [kp.org/medications](http://kp.org/medications).

## Audio podcasts and videos

Download programs to help you relax, sleep better, and more by visiting [kp.org/listen](http://kp.org/listen).

## Tools and health calculators

Find out if you're at a healthy weight or learn your risk for a heart attack or osteoporosis by visiting [kp.org/calculators](http://kp.org/calculators).