

Pay less to do it.

Feel good—
mind, body, spirit.



For more information

If you have any questions about the services provided by American Specialty Health, call their toll-free customer service line, Monday through Friday, 5 a.m. to 6 p.m. (PT), at **1-877-335-2746**.

**Life is out there.
Get up. Get out. And thrive.**

These products and services are provided by entities other than Kaiser Permanente. Some Kaiser Permanente benefit plans include coverage for certain of these discounted services. Plan benefits must be used before those discounted services are available. Check your *Evidence of Coverage* for details. Kaiser Permanente disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Call Center at **1-800-464-4000**.

members.kp.org

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Take care of the whole you.
DISCOUNT PROGRAMS TO HELP YOU STAY HEALTHY



KAISER PERMANENTE®  thrive

Do more to stay healthy.



Your path to good health may take you many places: your doctor's office, a fitness class, a health food store, or perhaps the bike trail near your home. But ultimately the path leads to a healthier, happier you.

Now you have another way to feel good, healthy, and strong—for less. As a Kaiser Permanente member, you now have access to a variety of new programs to help you stay healthy. Provided by American Specialty Health (ASH), you can get discounts and preferred rates on:

- **Chiropractic, acupuncture, and massage therapy**
- **Fitness club memberships**
- **Health tools and health products**

Need a massage? Want to try acupuncture? Here's how to get started.

You have a choice of chiropractors, acupuncturists, and massage therapists from across the country. As a Kaiser Permanente member, you receive a 25 percent discount off a provider's regular rates. You don't need a referral from your personal physician to request an appointment for these services and there's no limit on how many times you may see a provider.

To select a chiropractor, acupuncturist, or massage therapist, go to kp.org/healthyroads to view ASH's directory of providers, or call the toll-free customer service line at **1-877-335-2746**.

Once you've made your selection, call the provider directly to make an appointment. When you go for your appointment, be sure to show your Kaiser Permanente identification (ID) card to receive your 25 percent discount. You'll pay the practitioner directly; no money is sent to Kaiser Permanente.

Get active

Get preferred membership rates at fitness clubs near you and get active. To join a fitness club, go to kp.org/healthyroads or call **1-877-335-2746** to find a facility near you. Receive the preferred rate when you register by showing your Kaiser Permanente ID card.

A healthy you online

In addition to the health resources you receive at our Web site, you can link to the Healthyroad's Web site, kp.org/healthyroads, to find:

- A directory of ASH's contracted providers and fitness clubs
- Educational information on complementary health
- An online store with more than 2,400 quality brand-name health products at discounts of 15 percent or more off the suggested retail price, plus free shipping
- Online health assessment tools and more than 35 health trackers to log what you eat, when you exercise, and more.

