

WELLNESS PROGRAM FOR KAISER PERMANENTE ENROLLEES

For more information on the resources below
visit <http://members.kp.org> or call Member Services at (800) 464-4000

Health Education Classes and HealthMedia® Online Programs

You have access to approximately 2,500 health classes offered on a variety of topics, including:

Asthma / Cardiovascular Disease / Chronic Conditions / Overcoming Depression
Diabetes / Health Assessment / Pain Management / Prenatal and Postnatal Care
Smoke Cessation / Stress Management / Weight Management / Yoga

Health Information

Visit <http://members.kp.org> for these resources, unless otherwise indicated.

- **Kaiser Permanente Healthwise Handbook** - a self-care guide in English or Spanish on more than 180 health problems. You also can visit your local Health Education office to browse through free pamphlets and booklets on a range of topics.
- **Guided Imagery Audio Downloads** – healthy aging, easing pain, sleep, pregnancy, menopause, nutrition stress, surgery, and weight loss.
- **Health Calculators** – body mass index, pregnancy due date, getting enough calcium, asthma triggers, calories burned, stress level, fertility, and the cost of smoking.
- **Health Videos** – four videos available in English and Spanish for breast self exams, back problems and asthma (also available in Cantonese and Mandarin). You can purchase by phone at (800) 556-9444 or view for free at one of the Health Education offices.
- **Illnesses and Diseases Database** - look up health topics A to Z, with special sections on diabetes, colds and flu, allergies, and other common conditions.
- **Men's Health** – articles and health classes.
- **Natural Medicines Database** - Take advantage of the database's powerful search engine to find natural products by brand name, ingredients, or scientific name.
- **Preventative Care** – articles on topics for children, teens and adults.
- **Women's Health** – articles and podcasts.

Healthyroads™

Healthyroads is a comprehensive health web site for California members offering a directory of complementary health care providers, information about complementary health services, and discount rates on health and wellness products. Visit <http://members.kp.org> or call (877) 335-2746, 5 a.m. to 6 p.m. (PST) for more information on any of the items listed below. Referrals from primary care physicians are not required. You are responsible for paying the provider's discounted fees.

Provided by American Specialty Health Networks (ASHN) and Healthyroads, the program offers discounted rates on:

- **chiropractic care**
- **acupuncture**
- **massage therapy services**
- **fitness club memberships**
- **Weight Watchers®** - program discount; 12 weeks for \$120. Call (866) 639-3300.
- **10,000 Steps® Program** – discounted program and pedometer.
- **herbs, vitamins, and supplements**
- **health and fitness books and videos**

Healthyroads for Living™

Healthyroads for Living is an education program that helps you achieve your health and fitness goals through telephone support from trained professionals and a variety of web-based education resources, such as health assessments, goal trackers, reporting tools, and e-communication with Healthyroads educators.

You may choose from six Healthyroads for Living options, each with varying levels of services and fees, designed to meet different needs and budgets.

Call 1-877-330-2746 (toll free) to learn how you can get started on the program. Or visit Healthyroads for Living to sign up, read an overview of the program, or take an online tour.

Offers subject to change without notice. Information available as of 10/2008.