



Member no-cost and discount programs

As a Kaiser Permanente member, you can enjoy no-cost and discounted online tools, classes, programs, and activities that can help keep you happy and healthy.


> Headspace Care^{1,2,3,4,5} | 24/7 emotional support

 Headspace Care's emotional support coaches are available on demand to help with stress, low mood, sleep troubles, and more. Access features that include:

- **Text with a coach anytime, anywhere, 24/7.**
- **Discuss goals, share challenges, and create an action plan with your coach.**
- **Get personalized, interactive skill-building tools from your coach via a library of more than 200 activities.**

Members can get Headspace Care at kp.org/selfcareapps.

> Calm Premium^{1,2,3,5} | Online wellness app

 Help lower stress and reduce anxiety with the highly rated app for sleep, meditation, and relaxation. Members can access all Calm features at no cost, including:

- **100+ guided meditations**
- **Video lessons for stretching and gentle movements**
- **Daily mindfulness themes**
- **Soothing sleep stories**

Members can get Calm at kp.org/selfcareapps.

> ClassPass^{1,2,5} | Virtual workout classes

classpass We've partnered with fitness industry leader ClassPass to give Kaiser Permanente members online and in-person access to 40,000 gyms and studios around the world. Members get:

- Unlimited access to 4,000+ on-demand classes
- Cardio, yoga, barre, meditation, and more
- Discounts on livestream and in-person classes
- Access to top-rated studios worldwide
- Reduced membership rates and more

Start your new fitness routine now!

Visit kp.org/exercise for step-by-step sign-up directions.

> Discounts and programs from The CHP Group

Register online for discounts on products and services at chpactiveandhealthy.com. Membership is free for Kaiser Permanente members in Oregon and Southwest Washington.

Discount categories include:

- Beauty and personal care
- Eating well
- Education and learning
- Exercise
- Outdoor activities
- Relaxation and stress management
- Sports
- Travel

Kaiser Permanente Affinity | Discounts on integrative health care

Members receive a 20% discount from our network providers on services including:

- Chiropractic care
- Massage therapy
- Naturopathic medicine
- Acupuncture

USE YOUR DISCOUNT!

1. Find a CHP provider.

Go to chpgroup.com and click on "Find a Provider," choose "Kaiser Permanente Self-Referred" from the "Participating Plan" pull-down menu, and then search by specialty, address, name, and more.

2. Schedule your appointment.

At your appointment, identify yourself as a Kaiser Permanente member, and you'll receive a 20% discount off the provider's usual and customary fees.

> Other discount programs

Vision Essentials by Kaiser Permanente everyday values

- Save 30% off each additional pair of frames and lenses or save 30% off glasses and sunglasses with the purchase of an annual supply of contact lenses.
- Kids' lenses are 50% off full price.
- Glasses and contact lenses can be direct-shipped at no additional cost.
- Receive 50% off the original price paid for frames and/or lenses (of the same prescription) if they become damaged or broken within one year of purchase at a Northwest Vision Essentials by Kaiser Permanente location.

Learn more at kp2020.org/pacnw.

Comfort Keepers®

Receive a discount on all in-home care services including 24-hour care, respite and personal care, meal preparation, and light housekeeping, and get a free in-home safety assessment. Visit comfortkeepers.com/kaiser-permanente or call **1-800-611-9689** for more information.

Mom's Meals NourishCare®

Receive discounted pricing and free shipping on refrigerated ready-to-heat-and-eat meals crafted by chefs and registered dietitians, delivered to your door. Visit www.momsmeals.com/kp or call **1-866-224-9483** for more information.

CareLinx

Receive a discount for purchasing non-medical, in-home help with daily activities. Your caregiver can help you live an independent lifestyle in your own home by assisting with light housekeeping, meal preparation, companionship, and more. Visit carelinx.com/kp-affinity or call **1-844-636-4592** for more information.

Lively™ Mobile Plus

Receive a reduced one-time device fee on an emergency response system that provides 24/7 help with the push of a button and your choice of two monthly service plans (coverage limits may apply). Visit greatcall.com/KP or call **1-800-205-6548** for more information.

PERSONALIZED PROGRAMS

Speak with a health coach to set goals at **1-866-301-3866** (option 2).

Visit kp.org and click "Health & Wellness" for programs and classes. Or visit kp.org/healthengagement for Health Engagement and Wellness Services.

These products and services are provided by entities other than Kaiser Foundation Health Plan of the Northwest (KFHPNW). Certain KFHPNW benefit plans include coverage for some of these discounted services. Check your *Evidence of Coverage* for details. KFHPNW disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of our grievance process by calling Member Services at **1-800-813-2000** (TTY 711).

¹The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. ²The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are available to enrollees and family members who become members of Kaiser Permanente. ³Calm can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old. ⁴Eligible Kaiser Permanente members can text with a coach using the Headspace Care app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace Care app for the remainder of the year at no cost. ⁵Not available to Kaiser Permanente Dental-only members.