If life is what you make it, why not make it healthy?

Kaiser Permanente invites you to take an active role in improving your health with free, customized, online programs1 designed to help you succeed in creating a healthier lifestyle. These programs are brought to you in collaboration with HealthMedia® and focus on your total health—mind and body. They’ll help you evaluate your daily routines and discover what steps you can take to get your life headed in a healthier direction.

To select the program you want, choose from the list on the reverse side, then sign on to kp.org/healthylifestyles.2

Fill out the online questionnaire to receive a customized guide to the program you choose. With most programs, we’ll even follow up with personalized emails to help keep you on track. You can start measuring your success within weeks of completing your program.

Para programas en español, vaya a kp.org/vidasana.

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1 These products and services are provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS). These products and services are offered as extra services and are not covered services under KFHP-MAS’s benefit plans. Check your Evidence of Coverage, Member Handbook, or Service Agreement for details. Kaiser Permanente disclaims any liability for these products and services, and we may discontinue offering these services at any time. While the formal grievance and appeals process is not applicable to these discounted products and services in the Mid-Atlantic States region, should a problem arise with these services, you may call Member Services and we will direct you as appropriate.

These products and services are provided by entities other than Kaiser Permanente and are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Kaiser Permanente does not endorse or make any representations regarding the quality or medical efficacy of such products and services, nor the financial integrity of these entities. Any disputes regarding these products and services may be subject to the Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., grievance process.

2 To use these programs for the first time, all you need to do is register at kp.org/register. Then sign on with your user ID and password.
Take a total health assessment with Succeed®
Our free online total health assessment tool helps you examine the many factors currently affecting your health and prioritize the lifestyle changes it recommends. You can save your summary of results in your electronic medical record so you can discuss next steps with your Kaiser Permanente health care team.³

Lose weight with Balance®
This comprehensive weight loss system is designed by knowledgeable health professionals. Helpful tools and a personalized plan will show you how to coordinate three key areas—mind, food, body—to help you lose weight and keep it off.³

Quit smoking with Breathe®
This award-winning program can help you quit smoking for good. Create a personalized quitting plan with proven strategies for decreasing your dependency and dealing with cravings.³

Manage diabetes with Care® for Diabetes
Help manage this complex, ongoing disease with a program that’s designed around your personal needs so you can lead a healthier, more satisfying life.³

Manage ongoing conditions with Care® for Your Health
This customized plan helps you handle medications and treatments and face daily challenges—all on a schedule that’s convenient for you.⁴

Manage back pain with Care® for Your Back
Give yourself the support you need by evaluating your back pain and learning how to help keep it under control.⁴

Manage pain with Care® for Pain
Everyone’s pain and tolerance levels are different. A personalized pain management plan can help you enjoy life to the fullest while dealing effectively with your chronic pain.⁴

Eat healthy with Nourish®
You are what you eat. Create a nutrition plan that’s custom-made for your lifestyle, with personalized strategies for making smart, satisfying food choices that can improve your health and well-being.³

Manage depression with Overcoming® Depression
Depression can leave you feeling downcast, extremely tired, or even filled with anxiety, for weeks or months at a time. Learn to lead a happier, fuller life by finding ways to help manage your symptoms.⁴

Get a good night’s sleep with Overcoming® Insomnia
Changing the way you think about sleep can help you get some much-needed shut-eye so you wake up refreshed and ready to take on the day.⁴

Overcome stress with Relax®
Examine your individual sources and symptoms of stress and then develop a customized stress management plan that will help you start living a longer, healthier, more relaxed life.³

To pick the program you want, sign on to kp.org/healthylifestyles.⁵