

# 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.**

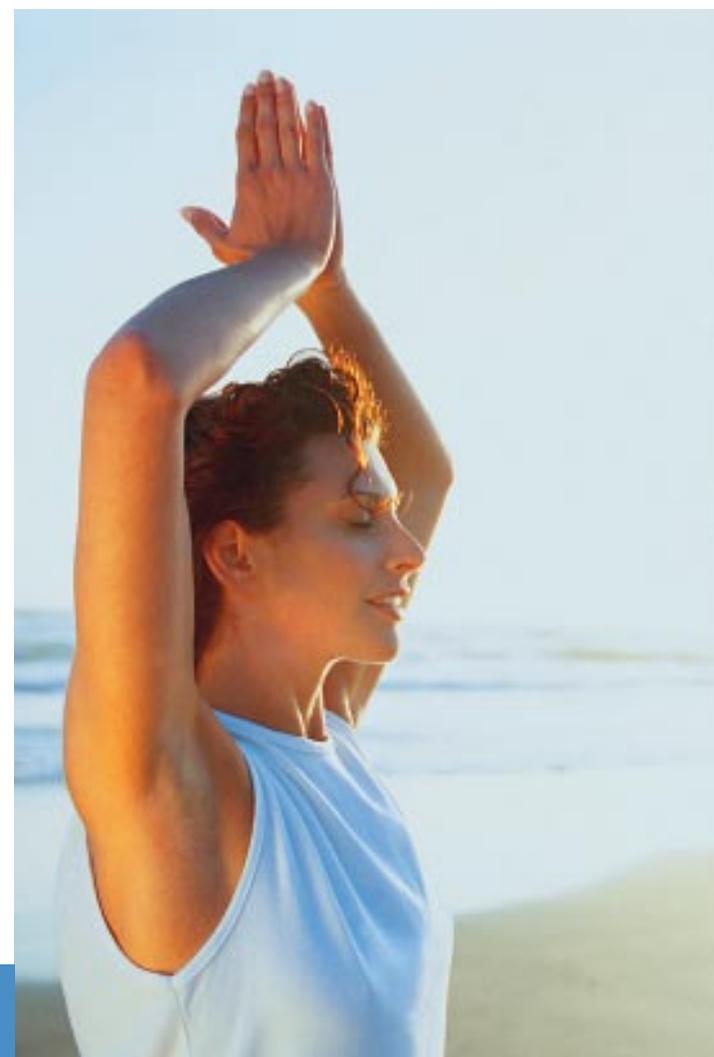
Kaiser Permanente members have limited acupuncture benefits. Some members may also have supplemental chiropractic coverage. Otherwise, the products and services described here are neither offered nor guaranteed under our contract with the Medicare program nor under any other Kaiser Permanente health plan contract. These products and services are provided by entities other than Kaiser Permanente. Kaiser Permanente does not endorse or make any representations regarding the quality of such products and services or their medical efficacy, nor the financial integrity of these entities. Kaiser Permanente expressly disclaims any liability for the products and services provided by these entities. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to Kaiser Permanente's and/or American Specialty Health's grievance process. Should a problem arise with any of these products or services, you may call our Member Service Call Center, and we will direct you as appropriate.

[members.kp.org](https://members.kp.org)

Member and Marketing Communications  
1803-0567-01-r01

# Take care of the whole you

DISCOUNT PROGRAMS TO HELP YOU STAY HEALTHY



 **KAISER PERMANENTE®**

# 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](http://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. You'll receive the lowest membership rate for the type of program you select at participating fitness clubs. To join a fitness club, go to [kp.org/healthyroads](http://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](http://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.

