

Long Live YOU



Boost your health with healthy lifestyle programs

Kaiser Permanente invites you to take an active role in improving your health with personalized online programs, brought to you in collaboration with Johnson & Johnson Health and Wellness Solutions.¹

By focusing on your total health – mind, body, and spirit – these programs can help you evaluate your daily routines and take steps in a healthier direction.

All healthy lifestyle programs are designed to help you make smart choices and live life to the fullest.

To get started, you'll fill out an online questionnaire for your program. Then you'll receive a tailored guide with tips, information, and tools. With most programs, we'll also follow up with personalized emails to help keep you on track. You can start measuring your success within weeks of getting started.



Get your own personal roadmap to change

Read the brief descriptions of the 8 programs on the other side of this flier. Then, to start any program you like, go to kp.org/wa/healthy-lifestyles.²

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Complete your Health Profile

When it comes to your health, information is powerful. Your Health Profile enables you to review your past health history and current health status and focus on key areas of concern. From preventive screenings to tracking a high-risk medical condition, the Health Profile helps your Kaiser Permanente doctor to know more about your health and discuss what's most important during your visit. To complete your Health Profile, sign in at kp.org/wa and select "Health Profile".

Kaiser Permanente provides the tools you need to meet your healthy lifestyle goals. Learn more about the programs and how to sign up at kp.org/wa/healthy-lifestyles.



Lose weight

Balance shows you how you can work with 3 key areas – mind, food, and body – to lose weight and keep it off.



Quit smoking

Breathe is designed to help you quit smoking for good. Your personalized quit plan uses proven strategies to decrease nicotine dependency and deal with cravings.



Manage diabetes

Get help managing this complex, ongoing condition with a *Care for Diabetes* program designed around your personal needs.



Manage chronic pain

A personalized *Care for Pain* management plan can help you enjoy life to the fullest while dealing effectively with chronic pain.



Eat healthy

Create a custom-made *Nourish* nutritional plan for your lifestyle, with personalized strategies for making smart, satisfying food choices.



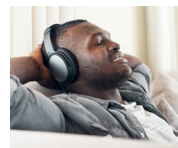
Manage depression

Care for Depression helps you lead a happier, fuller life by finding ways to help manage your depression symptoms.



Get a good night's sleep

Dream helps you change the way you think about sleep. Learn how you can wake up refreshed and ready to take on the day.



Reduce stress

Relax looks at your individual sources and symptoms of stress, then helps you develop a customized stress management plan.

kp.org/wa/healthy-lifestyles

¹ This value-added service is an extra service provided by entities other than Kaiser Foundation Health Plan of Washington (KFHPW), and is neither offered nor guaranteed under any KFHPW contract. This entity may change or discontinue offering this service at any time. KFHPW disclaims any liability for the service provided by this entity.

² To use these programs for the first time, you'll need to register with kp.org/wa. Learn how at kp.org/wa/register.