



# Get more from your health plan

Good health goes beyond the doctor's office. That's why we offer so many convenient resources to our members. Explore them all, and choose the ones that fit your life.

## Tools and resources for good health



### Online wellness tools

Visit [kp.org/healthyliving](https://kp.org/healthyliving) for wellness information, health calculators, fitness videos, podcasts, and recipes from world-class chefs.



### Healthy lifestyle programs

Connect to better health with programs to help you lose weight, quit smoking, reduce stress, and more – all at no cost. Learn more at [kp.org/healthylifestyles](https://kp.org/healthylifestyles).



### Health classes

Sign up for health classes and support groups at many of our facilities. See what's available near you at [kp.org/classes](https://kp.org/classes) – some may require a fee.



### Personal wellness coaching

Get help reaching your health goals. Work one-on-one with a wellness coach by phone at no cost. Find out more at [kp.org/wellnesscoach](https://kp.org/wellnesscoach).



### Special rates for members

Enjoy reduced rates on products and services that can help you stay healthy – like gym memberships, massage therapy, and more. Explore your options at [kp.org/choosehealthy](https://kp.org/choosehealthy).



### Seasonal farmers markets

Enjoy shopping for local produce, fresh flowers, and more at farmers markets hosted at many of our facilities. Learn more and find healthy recipes at [kp.org/foodforhealth](https://kp.org/foodforhealth).

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