



Benefit Connections

YOUR BENEFITS, DISCOVERED

November 2017

ChooseHealthy™

Just in time for the holidays — and available to you at no cost through your Kaiser health plan!

ChooseHealthy offers a directory of complementary care providers, an online store, fitness club discounts, savings on health products and services, and more.

You'll find reduced rates on:

- Fitness facility memberships (10 percent discount with a participating fitness facility)
- Chiropractic care (25 percent discount off a contracted chiropractor's usual and customary fees)
- Acupuncture (25 percent discount off a contracted acupuncturist's usual and customary fees)
- Massage therapy services (25 percent discount off a contracted massage therapist's usual and customary fees)
- Herbs, vitamins, and supplements
- Health and fitness books and videos

Register for ChooseHealthy, and you'll also receive a free annual Premium Membership (a \$69.95 value). This membership gives you access to online resources and tools to help you achieve your health and fitness goals. You can develop a personalized exercise or meal plan, track your progress, and more.

Get healthy for the holiday! Visit www.choosehealthy.com or call 1-877-335-2746 (toll free) for more information.

• Are you one of our secret winners?

• From now until Dec. 31, 2017, every time you receive "Benefit Connections," you'll have a chance to win a \$25 Amazon gift card. How does it work? Just by reading the newsletter carefully. We've randomly selected one winner and buried their name and employer in the text. If you find your name, email EmployeeBenefits@cisoregon.org by Dec. 31, 2017. We'll confirm who you are and then mail you your gift card.

Your Benefits, Discovered



Continued from previous page

CHP Active and Healthy

As part of your health insurance program, you also have access to a range of wellness-related discounts.

CHP Active and Healthy offers discounted access to local, regional, and national recreational, cultural, fitness, and wellness-centered businesses, retail services, equipment, instruction, memberships, and tickets.

Register online to find a discount.

Visit the CHP Active and Healthy website at www.chpactiveandhealthy.com and register with your Kaiser Permanente health record number. Then, use the search function to find discounts by name, geographic location, type and more.

New discounts are added on a regular basis, so check back often to see what's new!

- Lift tickets
- Weight management programs
- Yoga and Pilates (**Lisa Elliott** from Tigard)
- Sporting events
- Vitamins and supplements
- Gyms and classes
- Guided tours.

