



Save More. Live Better.

With the ChooseHealthy® program, offered by your health plan, you can save more on wellness products and services—and discover new ways to live better every day.

The program allows you to:

- Get discounts up to 55% or more on popular health and fitness brands
- Enroll in the Active&Fit Direct™ program and find a fitness center or exercise studio, stay active at home with digital workouts, and more for as low as **\$25 a month*** (see reverse for details)
- Save 25% or more on services from specialty health care practitioners
- Learn from evidence-based, online health classes and articles offered at no extra cost





Available Through  ChooseHealthy™

The Active&Fit Direct program gives you access to **16,000+ fitness centers and exercise studios**, **4,000+ digital workout videos**, the option to enroll your spouse/domestic partner,** and more, so you can get fit at the gym or at home. No long-term contract!

Learn more: kp.org/choosehealthy.

*Plus an enrollment fee and applicable taxes. Fees will vary based on fitness center selection.

**Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees will vary based on fitness center selection.

Please note that the ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all services from those providers, but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program also provides access to the Active&Fit Direct program, which provides discounted access to fitness centers and YMCAs. The ChooseHealthy program does not make any payments directly to those participating providers or to the Active&Fit Direct program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability.

The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health. The ChooseHealthy program is provided by American Specialty Health Group, Inc. and ASH Technologies, Inc. (dba ASH Technologies of Delaware, Inc. in the state of Pennsylvania); all are subsidiaries of American Specialty Health Incorporated (ASH), a national provider of fitness, health education, musculoskeletal provider networks, and health management programs. Not all services may be available in all areas, and the program may be changed (including monthly and enrollment fees and/or the introductory period) or discontinued at any time.

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