

## Kaiser members can follow these steps to access Active & Fit Direct

1. Visit [www.kp.org/choosehealthy](http://www.kp.org/choosehealthy)
2. Select "California (Southern)"
3. Click the ChooseHealthy link (not kp.org/choosehealthy)
4. Create a profile on ChooseHealthy, THEN you can find the Active & Fit Direct link on the scrolling topics.
5. From here you will be redirected to the program page where you can search facilities and enroll in the program.

