





# Kaiser Program and Discounts

Kaiser Permanente has partnered with the ChooseHealthy website to host the many programs and discounts that the offer on various products.

To access the ChooseHealthy website, log in to your Kaiser Permanente account at <https://healthy.kaiserpermanente.org/southern-california/front-door>. Then select the Health & Wellness tab and scroll down to “Programs & Classes”. Then select “Complementary care discounts”. There will be a link to the ChooseHealthy website that will show you all the available discounts offered with Kaiser Permanente.

## The ChooseHealthy® program

### Save More, Live Better

-  **Move More with a Flexible, Low-Cost Fitness Program:**  
With the Active&Fit Direct™ program, ChooseHealthy members can stay active at home or at the gym with access to 1,500+ digital workout videos, 11,000+ fitness centers, and more for just \$25/month (plus a \$25 enrollment fee and applicable taxes). No long-term contracts!
-  **Get Deep Discounts On Health, Fitness, And Wellness Products:**  
Save up to 55% or more on a variety of popular health and fitness brands. Discounted pricing can be viewed after you register and log in to the ChooseHealthy website. Free shipping and handling are available on most orders.
-  **Get Specialty Provider Discounts:**  
Save 25% or more on specialty health care services. Our full musculoskeletal provider network features more than 70,000 contracted providers, who are fully credentialed. What's more, our provider search offers articles that give insight into the different types of specialties offered, which include suggested questions to ask providers to help you decide if their services are right for you.
-  **Be Empowered With Health Resources:**  
Learn from a variety of evidence-based health improvement topics at no extra cost. Easily search our online library of 1,000+ health-oriented courses, classes, articles, videos, and tip sheets. Plus, you can “Ask an Expert” and receive real answers from our clinical staff to your general health education questions.

\*Note: Offerings are subject to change at any time.

Here are a few of the companies that Kaiser Permanente offers discounts with:

## Fitness



**GARMIN**



**TRX**  
Suspension Training®



## Products



**DR. JEN'S**  
ULTIMATE PROTEIN BAR



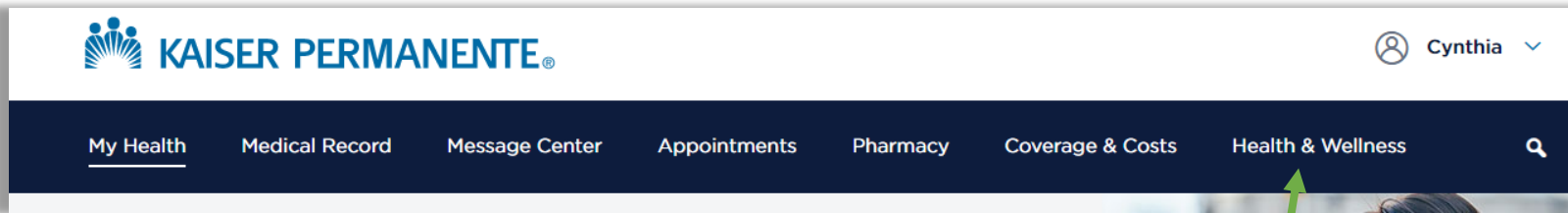
**NUTRIBULLET**



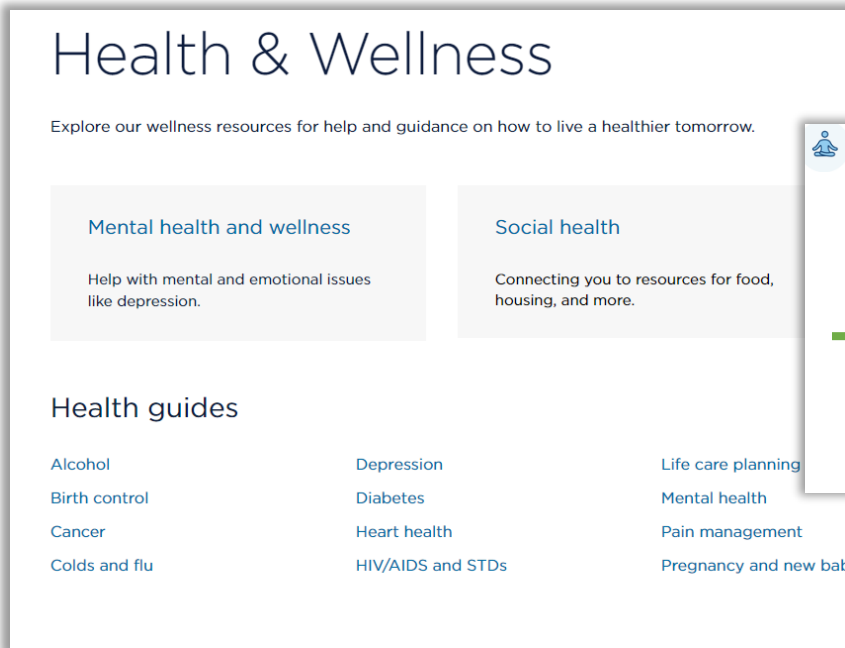
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To access the ChooseHealthy website to learn more about the available programs and discounts, log in to the Kaiser Permanente website at <https://healthy.kaiserpermanente.org/southern-california/front-door>.

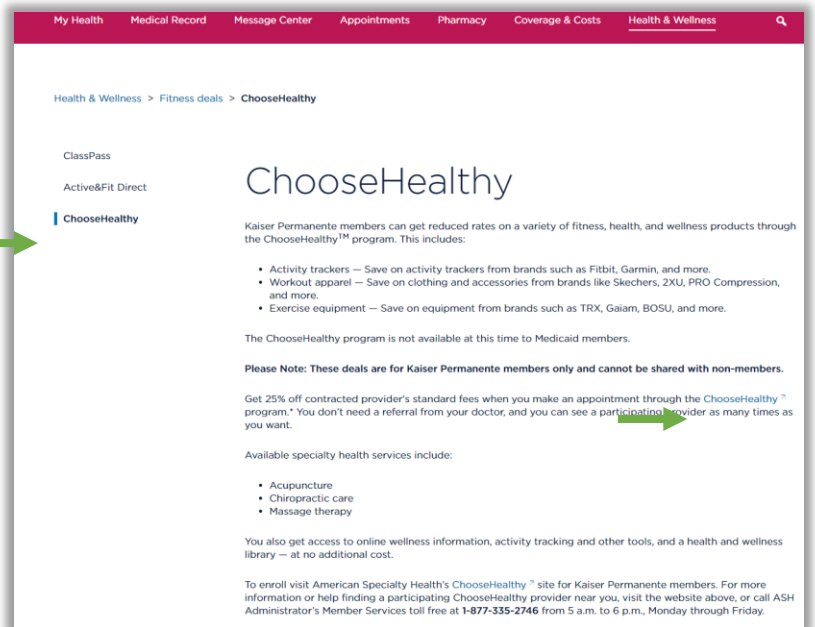
Once signed in, click on the Health & Wellness tab.



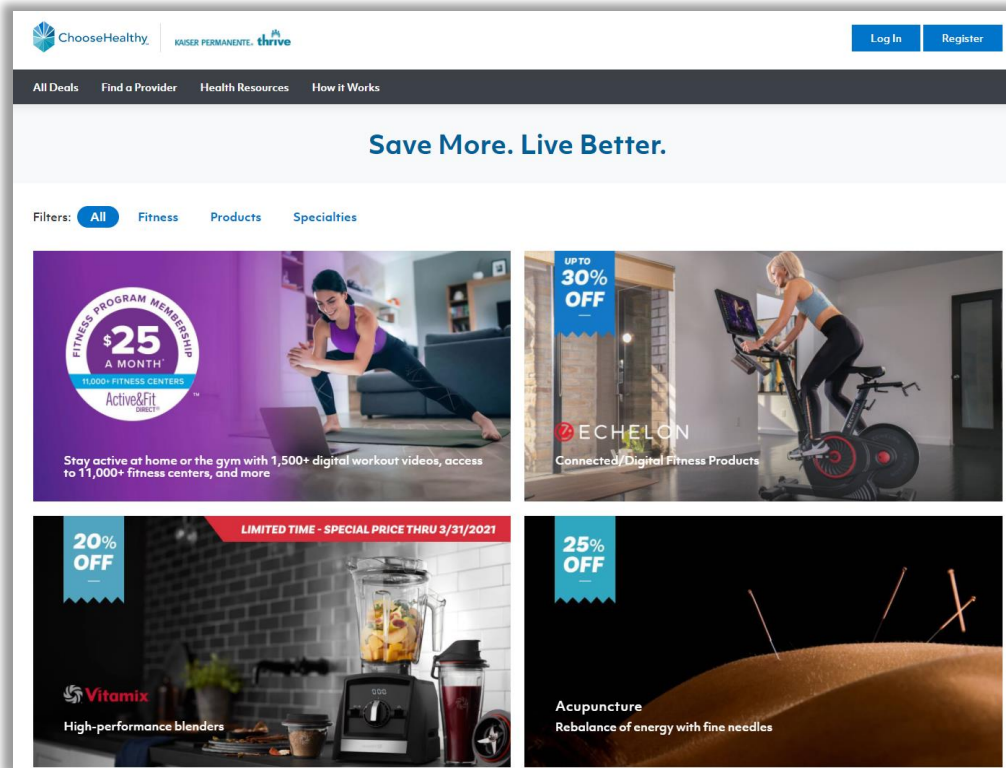
On the Health & Wellness page scroll down to “Programs & Classes” and select “Complementary Care Discounts”.



Select on ChooseHealthy and you will be redirected to the ChooseHealthy website, which contains discounts on products and fitness items that are available for Kaiser Permanente members.



Once on the ChooseHealthy website, you will be able to browse the available discounts.



## How To Redeem



Log in or register to your ChooseHealthy account.



We will provide to you a promo code that you can apply on the vendor's site.



Enjoy free shipping and handling on all purchases.

[Log In to Redeem](#)

To redeem the discounts, select the product you are interested in and the ChooseHealthy website will direct you on how to redeem your discount.

Log in or register for a Choose Health account. If you have registered for a ChooseHealthy account, you can access the website directly by going to

<https://www.choosehealthy.com/home?pc=AC>.

ChooseHealthy will provide you with a promo code for you discount that can be used on the vendor's site.