explore healthy resources

support to help EUTF and HSTA VB members thrive

Learn more about your health
Support for better health
Manage your care online
Learn more about your health

Participate in online wellness programs at no charge to you. You and your covered spouse/domestic partner enrolled in an EUTF plan can even get rewarded just for assessing your health.

Sign up for healthy lifestyle programs

With our online wellness programs, you’ll get advice, encouragement, and tools to help you create positive changes in your life. Our complimentary programs can help you lose weight, eat healthier, quit smoking, reduce stress, and manage ongoing health conditions.

Start with a Total Health Assessment, a simple online survey to give you a complete look at your health. You can also print the results of your assessment to share and discuss with your doctor.

kp.org/healthylifestyles

Earn rewards for completing online wellness programs

This program gives you and your covered spouse/domestic partner enrolled in EUTF a chance to each earn up to $100 in cash rewards cards by June 30 each contract year for taking steps to improve your health:

- **$25 for completing a Total Health Assessment**
  This online questionnaire gives you a picture of your overall health, plus an action plan that’s based on your answers.

- **$25 for each online healthy lifestyle program, up to 3 programs**
  Get help to reduce stress, quit smoking, lose weight, and more. You can take a program when it’s convenient for you, at your own pace.

kp.org/eutf
Support for better health

Take advantage of these extra perks – from earning a free gym membership to discounts on alternative medical therapies.

**Kaiser Permanente Fit Rewards Program**

- Fit Rewards has expanded to include all fitness centers statewide. Earn a free gym membership at certain participating gyms or enjoy discounted rates at new participating fitness centers. Whatever fitness center you choose, you can earn a $200 reward.
- Choose a participating gym from our full list at kp.org/fitrewards. You have the flexibility to change gyms within the network as often as monthly. Gym availability varies by island.

**Get a wellness coach**

If you need a little extra support, we offer Wellness Coaching by Phone at no cost. You’ll work one-on-one with your personal wellness coach to make a plan to help you reach your health goals.

📞 808-432-2260

**Enjoy member discounts**

You get reduced rates on a variety of health-related products and services through ChooseHealthy™. These include:

- Discounts at a contracted acupuncturist, chiropractor, and massage therapist
- Reduced rates on vitamins and supplements

You also have online exercise, nutrition, and healthy living resources to help assess and improve your health.

🔗 kp.org/choosehealthy

1-877-335-2746, weekdays, 5 a.m. to 3 p.m.

**Join health classes**

With all kinds of health classes and support groups offered right at our facilities, there’s something for everyone. We offer classes on diabetes prevention, exercise and fitness, and more. Classes vary at each location, and some may require a small fee.

🔗 kpinhawaii.org/our-services

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**MAHALO**

for choosing Kaiser Permanente. If you have any questions, please call Member Services at 808-432-5250 (Oahu), 1-844-276-6628 (toll free from the neighbor islands), or 711 (TTY).

Monday to Friday, 7 a.m. to 7 p.m., except holidays, and Saturday, 9 a.m. to 1 p.m.
Manage your care online

See how easy it is to stay on top of your care. When you register at kp.org, you can use our many time-saving online tools for managing your health – anytime, anywhere.4

Take charge of your care

kp.org is your online gateway to great health. When you register using your personal email address, you can securely access many time-saving tools for managing the care you get at our facilities. Visit kp.org anytime, from anywhere, to:

- Schedule and cancel routine and same-day appointments.
- View most lab test results.
- Refill most prescriptions.
- Email your Kaiser Permanente doctor’s office with nonurgent questions.
- Print vaccination records for school, sports, and camp.

kp.org/experience

Register now – it’s easy

Just go online and follow the sign-on instructions. You’ll need your medical/health record number, which you can find on your Kaiser Permanente ID card. Remember to use your personal email address to register.

kp.org/register

Take charge of your costs

Gain peace of mind with our new online tools to help you manage your health care costs. Be sure to register on kp.org to access these convenient features.

- Get a personalized cost estimate at kp.org/costestimates. Before you come in for care, use this tool to find out what you can expect to pay out of pocket for common exams, tests, and services.
- Pay your medical bills at kp.org/paymedicalbills.5
- Go paperless at kp.org/gopaperless and receive your medical bills and other documents electronically. You’ll get an email alert each time a bill is ready.5

Download the Kaiser Permanente app

Download the Kaiser Permanente app from your smartphone or mobile device. Use your kp.org user ID and password to activate the app, and you’ll be ready to use the secure features anytime, anywhere!

kp.org/mobile

Get started at Kaiser Permanente

New to Kaiser Permanente? See how easy it is to choose a doctor, transition prescriptions, make an appointment, and more.

kp.org/newmember
¹ For questions or to check on your rewards status, contact Kaiser Permanente Rewards Member Services at 1-866-300-9867 or email RewardsCustomerService@kp.org. Please provide your name, a brief statement of your question or issue, your group name (“Employer-Union Health Benefits Trust Fund”) and your daytime phone number. You are responsible for any taxes that may be due on the amounts received. Please talk to your personal tax adviser for specific tax information about this reward. The online wellness rewards program runs from July 1 to June 30 each contract year and is open to all EUTF subscribers and your enrolled spouses/domestic partners, 18 years old and older, excluding retirees and those enrolled in the HSTA VB Plan. You can only earn up to $100 per contract period. You must complete the activities during the contract year. Rewards will be issued 4 to 6 weeks after you complete your activity. Rewards cards expire 12 months after activation.

² Fitness centers must be qualified fitness organizations operating for the general public; must offer regular cardiovascular, flexibility, and/or resistance training exercise programs; established physical facility must offer a membership agreement and must be overseen by staff. Fitness centers outside the United States and the District of Columbia do not qualify.

³ Please consult with your own tax adviser about the taxability of the reimbursement. Earn your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a qualifying fitness center. Reimbursement is limited to your annual program fee, up to $200 each calendar year. Higher rates (for tiers 2, 3 and 4), taxes, and additional fees you pay your gym for classes, services, or amenities aren’t included in the program and are not eligible for the reward. Please consult with your tax adviser about the taxability of the reward. Except for earning your reward by exercising 45 days a year for at least 30 minutes per session at a participating fitness center, your annual program fee is not refundable and will not be prorated. Fitness center visits completed before your annual member fee is paid do not count toward the Fit Rewards requirement. Medicare and Medicaid (QUEST Integration) members excluded. For details, visit kp.org/fitrewards.

Kaiser Permanente Fit Rewards is a value-added service and not part of your medical benefits. Your annual program fee does not count toward your health plan’s annual out-of-pocket maximum. This information is not a complete description of benefits. For details, including limitations and exclusions, see your Evidence of Coverage (EOC) or kp.org/fitrewards.

Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. through its Active&Fit® program. American Specialty Health Fitness, Inc. (ASH Fitness) is a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas.

⁴ These features are only available when you get care at Kaiser Permanente facilities.

⁵ Online bill payment and paperless billing are available only to account holders who are responsible for paying bills for medical care received at Kaiser Permanente facilities. Online bill pay can’t be used to pay premiums for health coverage.