

# explore healthy resources

support to help EUTF and  
HSTA VB retirees thrive



KAISER PERMANENTE®  thrive



Get a jump on  
your health



Support for  
better health



Manage  
your care  
online



# Get a jump on your health

Give yourself the winning edge with our programs that help you get moving, get fit, and have fun.



## Kaiser Permanente Fit Rewards Program

- EUTF non-Medicare retirees and your dependents over the age of 15 years old: Fit Rewards has expanded to include all fitness centers statewide.<sup>1</sup> 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.<sup>2</sup>
- Choose a participating gym from our full list at [kp.org/fitrewards](https://kp.org/fitrewards). You have the flexibility to change gyms within the network as often as monthly. Gym availability varies by island.

👉 [kp.org/fitrewards](https://kp.org/fitrewards)



## Silver&Fit Exercise and Healthy Aging Program

When EUTF Medicare retirees enroll in Kaiser Permanente Senior Advantage, you automatically receive the Silver&Fit program as part of your Senior Advantage plan benefits. You can enroll in one of the following Silver&Fit program options:

- **The Silver&Fit Fitness Facility Program** gives you access to a broad network of gyms. Take advantage of all the services and amenities your gym may offer, including cardiovascular and strength-training equipment and exercise classes.<sup>2</sup>
- **The Silver&Fit Home Fitness Program** lets you work out at home. Each year, choose up to 2 of our fitness kits, including: walking, yoga, tai chi, aquatic exercise, cardio strength, and more.

👉 [silverandfit.com](https://silverandfit.com)

## 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.



# Support for better health

Take advantage of these extra perks and give yourself the winning edge. Participate in online wellness programs, join a health class, call a wellness coach, and more.



## 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.

➤ [kp.org/healthylifestyles](http://kp.org/healthylifestyles)



## Start with a Total Health Assessment

Not sure where to begin? Start with a Total Health Assessment, a simple online survey to give you a complete look at your health. Answer questions about yourself and get a customized action plan to prevent health problems and feel your very best. You can also print the results of your assessment to share and discuss with your doctor.

➤ [kp.org/tha](http://kp.org/tha)



## 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 fall prevention, diabetes prevention, exercise and fitness, and more. Classes vary at each location, and some may require a small fee.

➤ [kpinhawaii.org/our-services](http://kpinhawaii.org/our-services)



## 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 lifestyle 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](http://kp.org/choosehealthy)

**1-877-335-2746**, weekdays, 5 a.m. to 3 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.<sup>3</sup>



## 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.
- See care gap reminders.

➔ [kp.org/experience](https://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](https://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**.<sup>4</sup>
- 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.<sup>4</sup>



## 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](https://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](https://kp.org/newmember)



Kaiser Foundation Health Plan, Inc.  
711 Kapiolani Blvd., Suite 400  
Honolulu, Hawaii 96813

Health and wellness or prevention information

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<sup>1</sup> 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.

<sup>2</sup> 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](https://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](https://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.

<sup>3</sup> These features are only available when you get care at Kaiser Permanente facilities.

<sup>4</sup> 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.