

Go Boldly Toward Well-Being

Make good health part of your daily habits with our Healthy Lifestyle Programs. Small changes can lead to big results, helping you improve your well-being. Go to kp.org/healthylifestyle to choose your Healthy Lifestyle Program.



Ready to take control of your well-being? Our Healthy Lifestyle Programs can help you stay motivated, achieve real results, and be confident that your health is headed in the right direction—all from the convenience of a desktop or mobile device. These tools can help you reach your personal health goals through a variety of topics including:

Nutrition – Learn how to make healthy choices, prep meals for the week, and make nutrition work for your lifestyle.

Stress – Overcome stress one day at a time. Set a goal to spend more time exercising, laughing, and relaxing.

Weight – Set a weight-loss goal and work toward it. You can talk with a health coach, keep a food journal, learn new exercises, and more.

Quit Tobacco – Get help overcoming all types of tobacco. Get support as you learn tips and tools for quitting.

Sleep – Sleep better starting tonight with support starting a bedtime routine, creating a sleep-friendly space, and more.

Work-Life Balance – Find support to help you track your sleep, make time for exercise, and create daily to-do lists.

The Total Health Assessment and healthy lifestyle programs are available to members in all regions except Washington. Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232.

