



long live YOU

Boost your health with **HEALTHY LIFESTYLE PROGRAMS**

If life is what you make it, why not make it healthy?

Kaiser Permanente invites you to take an active role in improving your health with free customized online programs designed to help you succeed in building a healthier lifestyle. Brought to you in collaboration with HealthMedia® solutions, ten programs and one general health assessment are available.

By focusing on your total health—mind, body, and spirit—they can help you evaluate your daily routines and take steps in a healthier direction.

To start any program, go to **kp.org/healthylifestyles**,¹ then select the health goal you'd like to focus on from the menu on the left. Brief descriptions of the programs are listed on the reverse side of this flier.

Your own personal road map to change

Fill out the online questionnaire for your program and you'll receive a customized guide with tips, information, and tools. With most programs, we'll also follow up with personalized emails to help keep you on track. You can start measuring your success within weeks of getting started.

For programs in Spanish, go to **kp.org/vidasana**.

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kp.org/healthylifestyles

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Evaluate your health with Succeed®

Our online total health assessment tool helps you examine the many factors currently affecting your health and prioritize lifestyle changes that can help you live healthier. You can also save a summary of your results to your electronic health record so you can discuss next steps with your personal physician.²



Lose weight with Balance®

This comprehensive weight management program will show you how to coordinate three key areas—mind, food, and body—to help you lose weight and keep it off.²



Quit smoking with Breathe®

This award-winning program can help you quit smoking for good. Create a personalized quit plan with proven strategies for decreasing nicotine dependency and dealing with cravings.²



Manage diabetes with Care® for Diabetes

Help manage this complex, ongoing condition with a program designed around your personal needs. Take action to lead a healthier, more satisfying life.



Manage ongoing conditions with Care® for Your Health

This customized plan helps you handle medications and treatments and face daily challenges—all on a schedule that's convenient for you.



Manage back pain with Care® for Your Back

Give yourself the support you need by evaluating your back pain and learning how to help keep it under control.



Manage chronic pain with Care® for Pain

Everyone's pain and tolerance levels are different. A personalized pain management plan can help you enjoy life to the fullest while dealing effectively with chronic pain.



Eat healthy with Nourish®

You are what you eat. Create a nutritional plan that's custom-made for your lifestyle, with personalized strategies for making smart, satisfying food choices that can improve your health and well-being.²



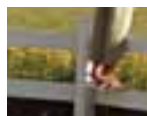
Manage depression with Overcoming™ Depression

Depression can leave you feeling down, extremely tired, or filled with anxiety—for weeks or months at a time. Learn to lead a happier, fuller life by finding ways to help manage your symptoms.



Get a good night's sleep with Overcoming™ Insomnia

Changing the way you think about sleep can help you get some much-needed shut-eye, so you wake up refreshed and ready to take on the day.



Reduce stress with Relax®

Examine your individual sources and symptoms of stress, and develop a customized stress management plan that will help you start living a longer, healthier, more relaxed life.²

¹To use these programs for the first time, you'll need to register with kp.org. To do so, just go to kp.org/registernow. Then sign on with your user ID and password.

²This program is also available in Spanish.

To start any program you like, go to kp.org/healthylifestyles.