

Kaiser Health and Wellness Programs

If you are a Kaiser member, you already know that your plan provides valuable coverage for your health care needs. But did you know that Kaiser also includes wellness programs and services designed to help you:

- Live a healthier life,
- Make more informed health care decisions, and
- Get the most value from your health care dollars?

These programs and services are automatically included in your Kaiser plan. If you are not already taking advantage of them, you are missing out on a valuable part of your coverage!

Kaiser offers:

- **Health assessment tool.** Kaiser's free online total health assessment tool helps you examine the many factors currently affecting your health and prioritize recommended lifestyle changes.
- **Online tools.** With Kaiser's convenient online tools you can:
 - Set up your secure personal health record
 - E-mail your doctor's office with routine health questions
 - Request routine appointments and check future appointments
 - Request prescription refills
 - View certain lab test results and your recent immunization history
 - Use health calculators to find out if you are at a healthy weight, see if you're getting enough calcium, learn how to avoid asthma triggers, and more.
 - Find more than 40,000 pages of information about health conditions and treatment options with Kaiser's health and drug encyclopedias.
- **Complete Care programs.** Find comprehensive support and medical care for chronic conditions with Kaiser's Complete Care programs. Learn how to manage diabetes, asthma, heart disease, and other ongoing health issues. Programs are designed around your personal needs so you can lead a healthier, more satisfying life.
- **Healthy discounts.** As a Kaiser member, you are eligible for discounts for complementary and alternative treatments, such as massage therapy, acupuncture, online health products, select fitness club memberships, and Weight Watchers.
- **Health classes.** Get the support you need to quit smoking, manage your weight, and reduce stress, or take classes like yoga or tai chi. Some classes may require a fee.
- **Telephone advice nurses.** Available 24 hours a day, Kaiser's advice nurses are registered nurses who are specially trained to help assess medical problems and provide advice over the phone, when medically appropriate. They can often resolve a minor concern, or advise you on what to do next, including making a same day or next day appointment.

What You Can Expect

You may receive a call or a mailing from Kaiser inviting you to take advantage of their health and wellness programs — particularly if you have a serious health condition.

You can rest assured that they are:

- **Confidential** — Caltech does not receive your personal health information.
- **Optional** — You can opt out at any time.
- **Free** — These services and programs are available at no additional cost to you.

For More Information

Please visit the Kaiser website at kp.org/ca/caltech or call Kaiser at **1-800-464-4000**.