



Member no-cost and discount programs

As a Kaiser Permanente member, you can enjoy no-cost and discounted online tools, apps, classes, programs, and activities that can help keep you happy and healthy. ^{1,2,3,4,5,6}

> Headspace | 24/7 emotional support

Headspace offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. Access features that include:

- **Text with a coach anytime, anywhere, 24/7.**
- **Sleepcasts and focus playlists**
- **Get personalized, interactive skill-building tools from your coach via a library of more than 200 activities.**

Members can get Headspace Care at kp.org/selfcareapps.

> Calm | Online wellness app

Help lower stress and reduce anxiety with the highly rated app for sleep, meditation, and relaxation. Members can access all Calm features at no cost, including:

- **100+ guided meditations**
- **Video lessons for stretching and gentle movements**
- **Daily mindfulness themes**
- **Soothing sleep stories**

Members can get Calm at kp.org/selfcareapps.



> One Pass Select Affinity from Optum

Make a commitment to your overall well-being by joining One Pass Select Affinity from Optum. Choose a fitness plan and get unlimited access to all locations available within that plan, plus extensive digital resources.

- 5 membership tiers with different monthly fees
- 19,000+ gym locations and boutique studios
- 24,000+ on-demand and livestreamed classes
- No long-term contracts — change tiers monthly or cancel within 30 days
- Groceries and household essentials delivered with Walmart+ and Shipt.

For questions or for assistance registering, call the One Pass select line at **1-877-265-2906**.

Get help reaching your wellness goals

Visit kp.org/exercise to register for One Pass Select Affinity.

Choose the tier that's right for you*

	Digital	Classic	Standard	Premium	Elite
Annual enrollment fee	\$10	\$29			
Monthly membership fee	\$10	\$34	\$69	\$109	\$249
Gym network size		12,000+	14,000+	16,000+	20,000+

*Tier prices current as of August 1, 2025.



> Discounts and programs from Heraya Health

Register online for discounts on products and services at herayahealth.com.

Kaiser Permanente Affinity | Discounts on integrative health care

Members receive a 20% discount from Heraya Health network providers on services including:

- **Chiropractic care**
- **Massage therapy**
- **Naturopathic medicine**
- **Acupuncture**

If you have questions about your benefits or finding a provider, contact Heraya Health's Customer Service Department at **800-449-9479**.

USE YOUR DISCOUNT!

- 1. Find a Heraya Health provider.**
Go to herayahealth.com and click on "Find a Provider," choose "Kaiser Permanente Self-Referred" from the "Participating Plan" pull-down menu, and then search by specialty, address, name, and more.
- 2. Schedule your appointment.**
At your appointment, identify yourself as a Kaiser Permanente member, and you'll receive a 20% discount off the provider's usual and customary fees.

> Other discount programs

Vision Essentials by Kaiser Permanente everyday values

- Save 30% off each additional pair of frames and lenses or save 30% off glasses and sunglasses with the purchase of an annual supply of contact lenses.
- Kids' lenses are 50% off full price.
- Glasses and contact lenses can be direct-shipped at no additional cost.
- Receive 50% off the original price paid for frames and/or lenses (of the same prescription) if they become damaged or broken within one year of purchase at a Northwest Vision Essentials by Kaiser Permanente location.

Learn more at kp2020.org/nw.

Comfort Keepers® in-home care and assistance

Receive a discount on all in-home care services including 24-hour care, respite and personal care, meal preparation and light housekeeping, and get a free in-home safety assessment. Visit comfortkeepers.com/kaiser-permanente or call 1-800-611-9689 for more information.

Mom's Meals® healthy meal delivery

Receive discounted pricing and free shipping on refrigerated ready-to-heat-and-eat meals crafted by chefs and registered dietitians, delivered to your door. Visit www.momsmealsnc.com/kp/home.aspx or call 1-866-224-9483 for more information.

CareLinx

Receive a discount for purchasing non-medical, in-home help with daily activities. Your caregiver can help you live an independent lifestyle in your own home by assisting with meal preparation, companionship, and more." Visit carelinx.com/kp-affinity or call 1-844-636-4592 for more information.

Lively™ Mobile Plus

Receive a reduced one-time device fee on an emergency response system that provides 24/7 help with the push of a button and your choice of two monthly service plans (coverage limits may apply). Visit greatcall.com/KP or call 1-800-205-6548 for more information.

PERSONALIZED PROGRAMS

Speak with a health coach to set goals at **1-866-301-3866** (option 2).

Visit kp.org and click "Health & Wellness" for programs and classes. Or visit kp.org/healthengagement for Health Engagement and Wellness Services.

These products and services are provided by entities other than Kaiser Foundation Health Plan of the Northwest (KFHPNW). Certain KFHPNW benefit plans include coverage for some of these discounted services. Check your *Evidence of Coverage* for details. KFHPNW disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of our grievance process by calling Member Services at **1-800-813-2000** (TTY 711).

¹The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time. ²The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are available to enrollees and family members who become members of Kaiser Permanente. ³Calm can be used by members 13 and over. The Headspace app and services are not available to any members under 18 years old. ⁴Eligible Kaiser Permanente members can text with a coach using the Headspace app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace app for the remainder of the year at no cost. ⁵Not available to Kaiser Permanente Dental-only members. ⁶Gym network and other One Pass Select Affinity features vary by membership tiers.