



# 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 personalized online programs designed to help you succeed in building a healthier lifestyle. Brought to you in collaboration with Johnson & Johnson Health and Wellness Solutions, 8 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](http://kp.org/healthylifestyles),\* 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 tailored 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.

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

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## Evaluate your health with the Total Health Assessment

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.<sup>†</sup>



## 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.



## 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.



## 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 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.

\*To use these programs for the first time, you'll need to register with kp.org. To do so, just go to [kp.org/registernow](http://kp.org/registernow). Then sign on with your user ID and password.

<sup>†</sup>This program is also available in Spanish.



## 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.



## Manage depression with Care for 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 Dream

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.