



# SAVE MONEY WITH CHP DISCOUNT PROGRAMS FROM KAISER PERMANENTE

Thousands of discounts to help you and your family stay healthy, have fun, and thrive.

## CHP Active and Healthy Program

Get discounted access to recreational, cultural, fitness, and wellness-centered products and activities, including:



**Lift tickets**



**Weight management programs**



**Yoga and Pilates**



**Sporting events**



**Vitamins and supplements**



**Gyms and classes**



**Guided tours**



**Retail items**



Visit [chpactiveandhealthy.com](http://chpactiveandhealthy.com) and register with your Kaiser Permanente health record number to start saving today.

## Kaiser Permanente Affinity — complementary and alternative medicine

Receive a 20% discount on the following services:\*



### Chiropractic

A noninvasive therapy that focuses on reducing pain and improving the function and structure of the body.



### Naturopathic medicine

A wide range of natural approaches, such as clinical nutrition, herbal medicine, and homeopathy, to diagnose and treat patients.



### Massage therapy

Manipulation of soft tissue to help prevent and alleviate pain, muscle discomfort, muscle spasms, and stress.



### Acupuncture

The stimulation of specific points on the body by thin metal needles to relieve pain and reduce inflammation.

\*20% discount off usual and customary fees when seeking services from providers in the CHP Group network.



Visit [chpgroup.com](http://chpgroup.com) to find a provider.

