



Boost your health with healthy lifestyle programs

Take an active role in your health with customized online programs designed to help you live healthier.

Take the Total Health Assessment

This online questionnaire will help you see what's impacting your overall health, and it only takes about 20 minutes to complete. It has 4 parts – biometrics, body, mind, and lifestyle – and once you complete them all, you'll get a customized plan to help you make healthy lifestyle changes. It's also available in Spanish.

To get started, go to kp.org/tha.

Set a health goal and pick a program

The programs only take about 20 minutes to complete, and you can do so at your own pace.* With most programs, we'll send customized emails to help you stay on track.

To start a program, go to kp.org/healthylifestyles.

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*To use these programs for the first time, you'll need to create an account at kp.org. To do so, go to kp.org/registernow.

kp.org/healthylifestyles

KAISER PERMANENTE®  thrive

Programs

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Balance

Learn how to lose weight and keep it off with this comprehensive weight management program.

Breathe

Create your plan to quit smoking, and discover proven strategies to deal with cravings.

Care for Diabetes

Get help managing this complex condition with a program designed around your needs.

Care for Pain

Create a personalized plan to manage chronic pain.

Nourish

Learn how to improve your health and well-being with a nutritional plan that fits your lifestyle.

Care for Depression

Lead a happier, fuller life by finding ways to help manage depression and its symptoms.

Dream

Learn how to get a good night's rest, wake up refreshed, and be ready for the day.

Relax

Get a customized stress-management plan that can help you live longer, healthier, and more relaxed.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101