

## Living Well

Programs to help  
you take charge

# Do you have an ongoing health condition?

Get online support to feel your best



### **Better Choices, Better Health**<sup>®</sup>

is an online Living Well program that offers strategies for managing conditions like diabetes, heart disease, asthma, pain, insomnia, and more. The 6-week workshop is just one hour a week and includes:

- Tools and techniques for becoming more active, boosting your energy, eating well, reducing pain, sleeping better, and more
- Guidance from trained facilitators as you start taking small steps toward achieving your health goals
- A supportive online community where workshop participants can share experiences and motivate each other



**Better Choices, Better Health** is available at no extra cost for Kaiser Permanente members.

### TO GET STARTED

Visit [kp.org/wa/livingwell](https://kp.org/wa/livingwell) for more information or to register for an upcoming workshop.