

Living Well

Programs to help
you take charge

Do you have an ongoing health condition? Get support to feel your best



You can take control of your health and improve your quality of life.

Better Choices, Better Health[®] offers tools and techniques that you can use to take small, achievable steps to improve your day-to-day living.

With knowledge and support, you can take control of your health.

Here's what other Kaiser Permanente members say about the program:

"Inspiring! Gives me hope that I can do this and commit to the things I need to do to help me. It's always comforting to know that we are not alone in this."

"The program has made me look at my lifestyle and got me motivated to walk more. I now actually enjoy it even though sometimes it is painful. I feel happier and more energized. I am walking farther and not needing to make quite as many rest stops. I realize I am going to have some discomfort whether I walk or not. Felt totally safe and not judged by anything I shared."

About the program

Better Choices, Better Health is a web-based workshop that runs over 6 weeks with no set time to participate – you log in a few times a week at a time that's convenient for you to learn the weekly material and complete activities. Guided by trained peer facilitators, you'll also meet other people living with ongoing health conditions, who can help motivate you.

There's no cost to attend this workshop.

Scan to find out more and sign up:



kp.org/wa/livingwell