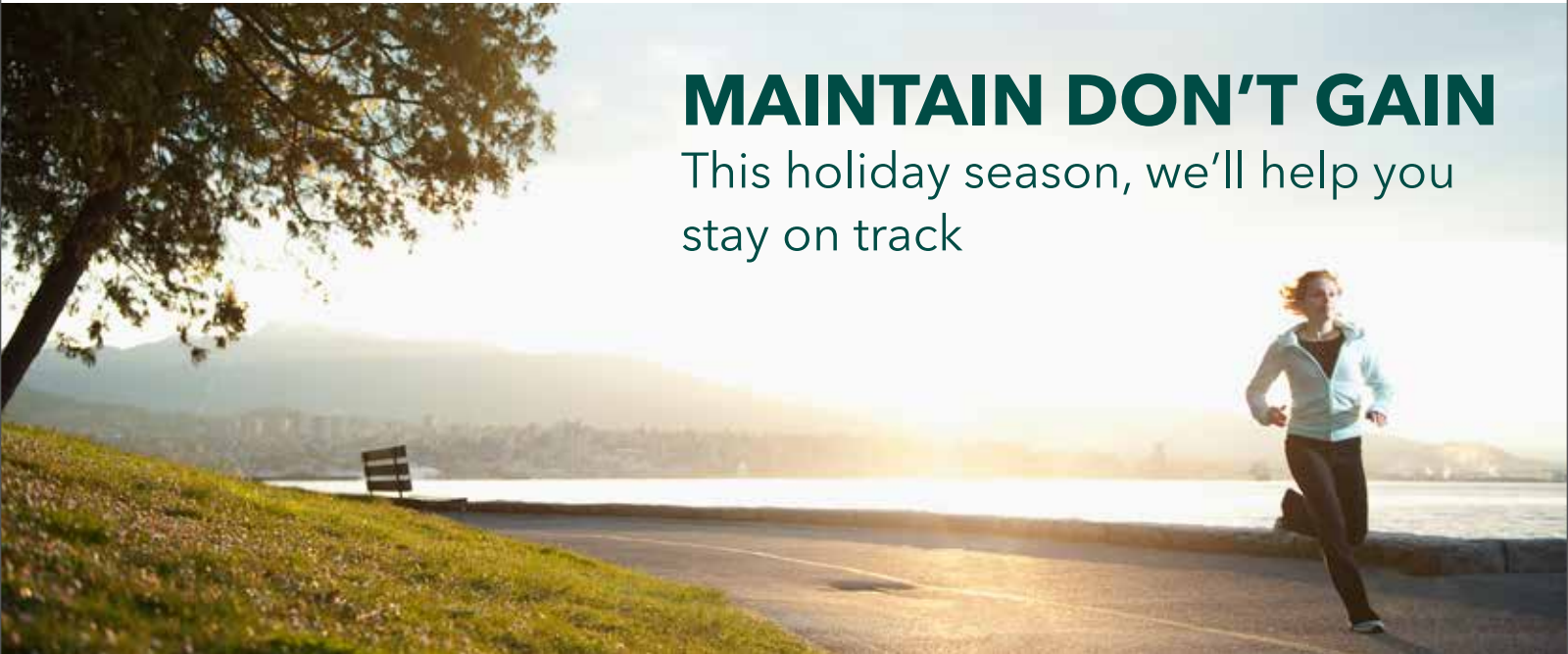


MAINTAIN DON'T GAIN

This holiday season, we'll help you stay on track



Trying to take charge of your weight? Maintain Don't Gain can help.

We've teamed up with Kaiser Permanente to bring you Maintain Don't Gain. It's an 8-week program that can help you stay focused on eating healthy and fitting in exercise during the holidays – so you can keep off the extra pounds.

Attached to this email, you'll find a weekly personal tracker. Print it out or download it to your computer so you can watch for any weight change over the next 8 weeks. You'll also start receiving weekly emails that will give you challenges, tips, and resources to help you maintain your weight.

Keep your tracker handy and look for your Week 1 email to arrive soon.

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