



Save money on healthy and nutritious foods with your Kaiser Permanente **HEALTHY FOOD CARD**

Buy. Save. THRIVE!

Buy eligible healthy foods from participating retailers with ease.

The Kaiser Permanente Healthy Food Card provides a quarterly allowance¹ for qualified members² to purchase eligible healthy foods from participating retailers.³

Using the card is simple:



Eligible food will automatically be paid for up to the available balance on the card. Use another form of payment for any remaining balance due, if needed.

The card can be used at participating stores such as:⁴

Walgreens

Walmart

CVS
pharmacy

Kroger

RITE
AID

FarmboxRx

FAMILY DOLLAR

FOOD LION



What items can I purchase with my **HEALTHY FOOD CARD**?

The Kaiser Permanente Healthy Food Card can be used to purchase a variety of healthy foods from the following categories:⁵



Baking Staples⁶



Margarine
(with no hydrogenated oil)



Bottled Water (carbonated/uncarbonated/
unflavored with no added sugar)



Meal Replacement Liquids
(balanced, nutrient-dense)



Dried & Canned Beans⁷



Milk, Cheese & Yogurt
(low/nonfat)



Dried Pasta



Nuts & Seeds



Electrolyte-rich Sports Drinks
(with no added sugar)



Oils & Cooking Sprays



Fresh & Frozen Fruit
(with no added sugar)



Peanut & Other Nut Butters



Fresh & Frozen Vegetables



Rice & Whole Grains



Fresh Lean Meats & Poultry



Soy, Almond & Other Nut Milks



Fresh Seafood
(including frozen)



Tomato Sauce & Paste



Herbs & Spices



Whole Eggs & Egg Substitutes



Hot & Cold Cereals
(high fiber with low or no added sugar)



Whole Wheat, Grain Bread & Crackers

Visit **mybenefitscenter.com** and download the OTC Network mobile app to find a full list of participating stores, search for eligible items, check your card balance, and more!

For questions regarding your **HEALTHY FOOD CARD** benefit, call **1-800-232-4404 (TTY 711)**, 7 days a week, 8 a.m. to 8 p.m.

¹Allowance must be fully used within the quarter issued and will not roll over to the next quarter.

²Allowance helping with food insecurity and overall health for members with at least one chronic condition.

³The card may not be loaned to other people. Eligible items may only be purchased for the personal use of the plan member. Purchases for family members or friends are not allowed.

⁴Contracted retailers as of the print date.

⁵Not all foods are appropriate for every chronic condition. Members should consult with their care team or nutritionist if they have questions.

⁶Excludes sugar and salt. Sugar and salt substitutes allowed.

⁷Recommend canned foods be rinsed to reduce sugar and sodium.