

Explore health and wellness resources

For all that is you

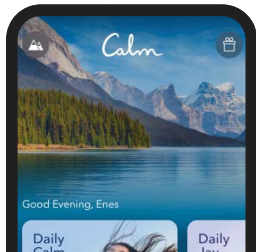


Support for emotional wellness

Try our on-demand self-care apps today at no additional cost

Get help with anxiety, stress, sleep, mood, and more. Anytime you need it.

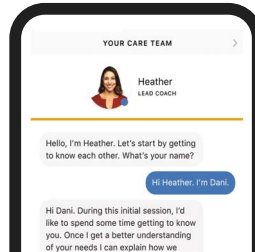
Kaiser Permanente members can explore 3 evidence-based apps:^{1,2,3}



Calm

The #1 app for meditation and sleep. You can choose from hundreds of programs and activities, including:

- Guided meditations
- Sleep Stories
- Mindful movement videos



headspace

Formerly called Ginger, Headspace Care offers 1-on-1 emotional support coaching and self-care activities for many common challenges.

- Coaches are available by text 24/7
- You can use Headspace Care text-based coaching services at no cost, no referral needed^{4,5}



myStrength
by Teladoc Health

myStrength Complete offers:

- Teletherapy with a licensed therapist—in the comfort of your own home
- Telecoaching via live video sessions with a certified coach
- Digital courses and content personalized for your interests and goals⁶



Visit kp.org/selfcareapps to get started.

¹ The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time.

² The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are made available to enrollees and family members who become members of Kaiser Permanente.

³ Calm can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old.

⁴ Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Headspace Care app and services.

⁵ Eligible Kaiser Permanente members can text with a coach using the Headspace Care app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace Care app for the remainder of the year at no cost.

⁶ Psychiatry is not included in the myStrength Complete membership. myStrength Complete by Teladoc Health is available to members 18 and older who do not have a Maryland Medicaid health plan. Some of these services may not be covered under your health plan benefits and may not be subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. myStrength® is a wholly owned subsidiary of Livongo Health, Inc.

Calm, Headspace Care, and myStrength Complete are not available to Kaiser Permanente dental-only members.



For your physical health

Take advantage of these convenient perks—from personal health coaching to reduced rates on alternative medical therapies.



Live healthier with helpful resources⁵

With our wellness resources, you'll get tools, tips, and information to help you create positive changes in your life. Our complimentary resources can help you:

- Eat healthier
- Quit smoking
- Reduce stress
- Manage ongoing conditions like diabetes or depression

kp.org/health-wellness

kp.org/salud-bienestar (en español)



Connect to a wellness coach

If you need more support, we offer Wellness Coaching by Phone at no cost. You'll work one-on-one with your personal coach to make a plan to help you reach your health goals.

kp.org/wellnesscoach



Join health classes

With all kinds of health classes and support groups offered at our facilities, there's something for everyone. Classes vary at each location, and some may require a fee.

kp.org/classes

kp.org/clases (en español)



Making the switch to great care is easy

Are you new to Kaiser Permanente? Thinking about joining? It's simple to get started with your new plan—and we're here to walk you through it.

Get started with Kaiser Permanente at kp.org/easyswitch.



Try yoga, cardio, and bootcamp—without leaving home We're making it easier to exercise from anywhere

Regular workouts can help improve your mood, sharpen your mind, and help you feel healthier and happier overall. That's why we teamed up with fitness industry leader ClassPass to make it easy for you to exercise from the comfort of home.

With this special rate for ClassPass, Kaiser Permanente members can get:



On-demand video workouts at no cost

4,000+ online fitness classes—including cardio, dance, meditation, bootcamp, and more—for \$0/month.



Reduced rates on in-person fitness classes

Free trial plus 20% off a monthly package to reserve in-person fitness classes at some of the top gyms and fitness studios in your area and around the world.

Why ClassPass?

- 40,000 studios and gyms to choose from worldwide
- 4,000 on-demand classes to access anytime
- 22 types of fitness classes to choose from



Get started at kp.org/exercise.

ClassPass is not available to Medi-Cal and Medicaid members. ClassPass is not available to Kaiser Permanente dental-only members. The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice.

Learn more about your health

Use these interactive tools and reference guides to find answers to your health questions and help guide your decisions with your care team.

Total health and wellness resources

Take control of your total health with mental health services, resources for addiction and recovery, self-care apps, community resources, and healthy living guides.
kp.org/livehealthy | kp.org/vidasaludable (en español)

Self-care videos

Watch a wide variety of video lessons to help control ongoing conditions and maintain good physical and mental health.
kp.org/video

Health topics

Explore more than 4,000 health topics to learn the basics about medical conditions, symptoms, and treatment options. Plus, assess your health concerns with an interactive symptom checker.
kp.org/health | kp.org/salud (en español)

Recipes

Get inspired to prepare delicious, healthy dishes. Browse recipes by category—like vegetarian dishes, soups, or desserts—or by what's in season.
kp.org/recipes

Drug encyclopedia

Learn about prescription and over-the-counter drugs—how they work, possible side effects, and more.
kp.org/medications | kp.org/medicamentos (en español)

