



## Resources to help you focus on total health

You have enough on your mind without also having to worry about the rising costs of daily living. When tough times happen, it's good to know where you can turn for extra support. Community-based resources are just a click or call away.



### What is social health?

The circumstances of daily life play a big role in your overall health. Access to healthy food, safe housing, quality education, and the internet are just some of the factors that can help or hinder health outcomes.



### Connect to resources

With so many social health factors, it's not surprising that many people report having at least one unmet social health need. Ensuring these daily necessities are taken care of can have a positive impact on health and quality of life.



### Get support in your area

Whether you're looking for childcare, transportation, or help paying utility bills, there are many programs and services near you that can provide information or assistance. Learn about available resources in this [online directory](#).



Scan the QR code or visit [kp.org/socialhealth](https://kp.org/socialhealth) to find community resources near you.

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 • 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 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057