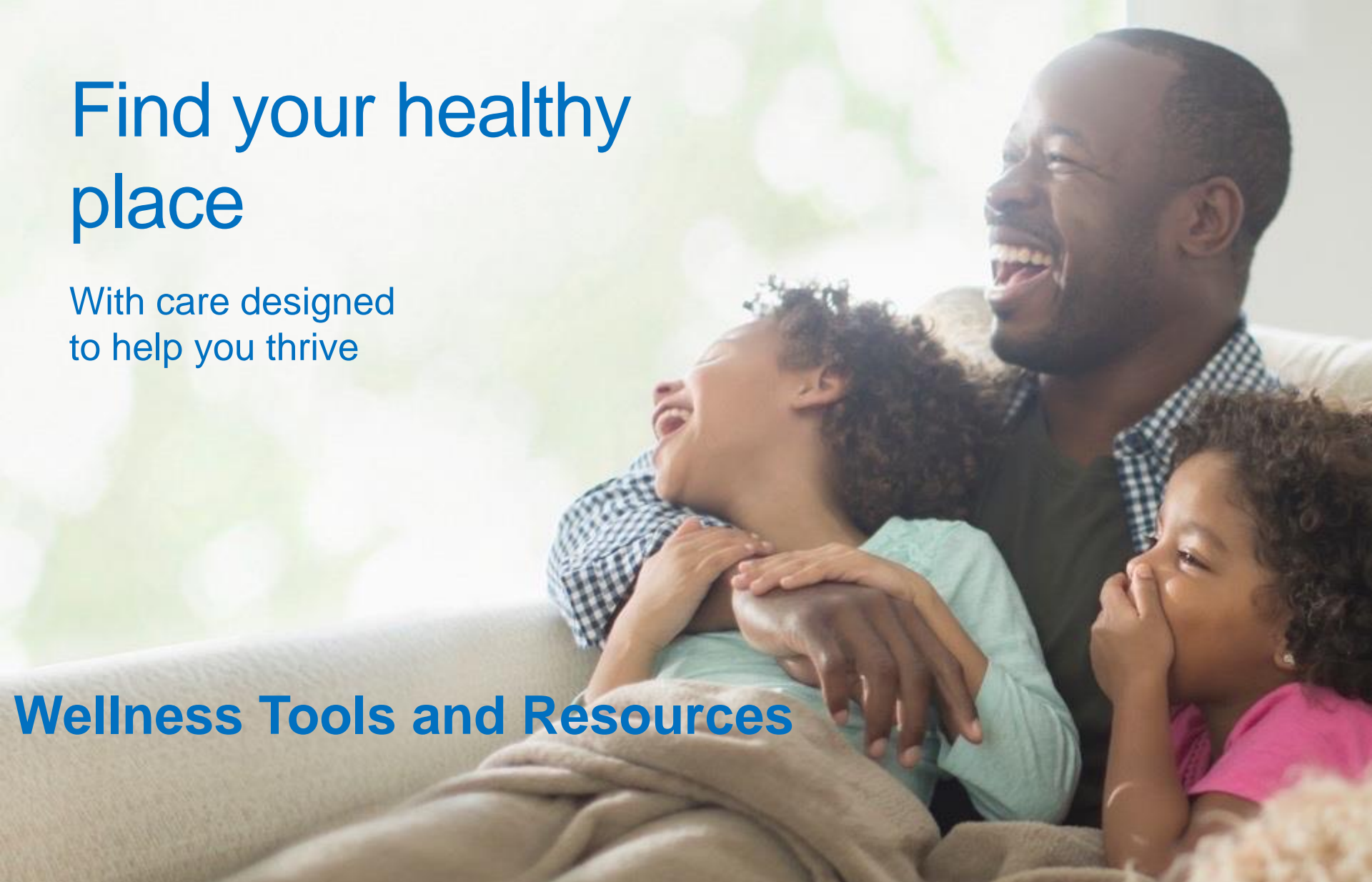


# Find your healthy place

With care designed  
to help you thrive

**Wellness Tools and Resources**



## Added support to help you thrive<sup>1</sup>



ClassPass reduced rates on fitness classes



Self-care apps Calm and myStrength



Wellness Coaching by Phone



Online healthy lifestyle programs, videos, podcasts, recipes, and more



Reduced rates on specialty care services like acupuncture, chiropractic care, and massage therapy



On-site health education classes and support groups<sup>2</sup>



Seasonal farmers markets<sup>3</sup>

1. These services aren't covered under your health plan benefits and aren't 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. 2. Classes vary at each location and some may require a fee. 3. Not available in all areas.

# health education classes

Learn what you can do to improve your health.

## Visit [kp.org/classes](https://kp.org/classes)

- The programs and services we offer underscore our dedication to the promotion of health and the prevention of disease, not just treatment.

## Our Health Education Department offers

- Health Classes and Resources
- Health Nutrition and Counseling
- Patient Education Videos
- Online Health tools



no cost to members



wellness resources



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## New perks for your total health

### CLASSPASS

#### ClassPass workouts

Get moving with fitness options that fit your schedule and lifestyle, including Pilates, dance, boxing, cardio, strength training, and yoga.

- **Reduced rates on fitness classes** — Take real-time online and in-person classes from top fitness studios
- **Online video workouts at no cost** — 4,000+ on-demand fitness classes

[kp.org/Exercise](https://kp.org/Exercise)





# online self-care

A broad range of on-demand resources, including activities, health programs, articles, and more.

## 1. Visit [kp.org/selfcare](https://kp.org/selfcare)

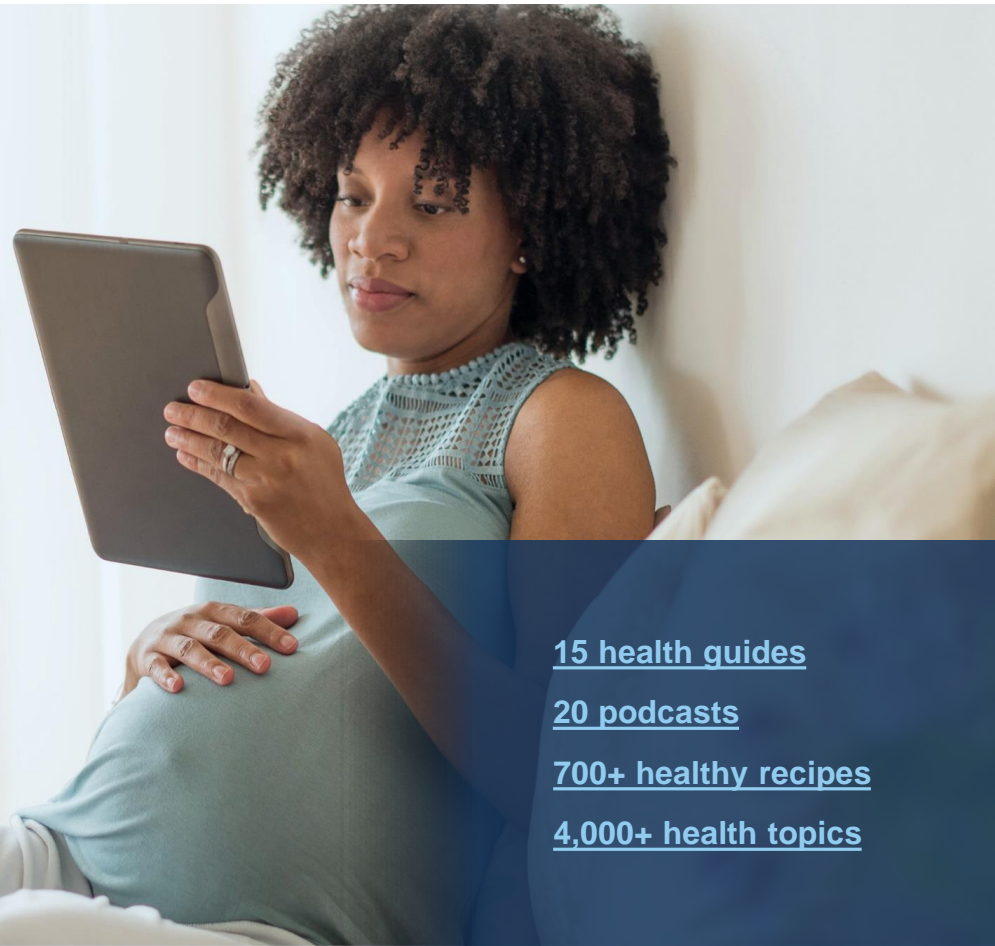
Most self-care and wellness resources are available to everyone, even without signing in to an online account.

## 2. Explore health topics

Members have unlimited access to information on medical conditions, symptoms, and prescriptions to boost your knowledge and start building healthy habits.

## 3. Take action

[Online programs](#) and tools give members an easy way to reach your health goals, like losing weight, reducing stress, and more.



[15 health guides](#)

[20 podcasts](#)

[700+ healthy recipes](#)

[4,000+ health topics](#)



no cost to all



all devices



wellness resources



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## wellness apps

Digital mental health support — praised by professionals and users alike



Build mental resilience, reduce stress, and experience better sleep alongside 70 million other active users.



Set mental health goals, track progress, and get support managing depression, anxiety, and more.

**74% of myStrength users** with depression experience less symptoms within 6 months<sup>1,2</sup>

<sup>1</sup>myStrength 2020. <sup>2</sup>myStrength® is a wholly owned subsidiary of Livongo Health, Inc.



no cost to members



all devices



self-care and wellness resources



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**69% of  
members**

who used wellness coaching  
reduced their stress within one  
month

# wellness coaching by phone

Convenient, ongoing support from  
a specially trained health professional

## Many areas of focus

Whether you want less stress or better sleep, wellness coaches can help. They're not mental health care providers, but they can set up an action plan to keep you motivated toward your health goals.

## Convenient scheduling

Phone sessions are available 5 days a week and typically last 20 minutes.

## A dedicated partner in health

The same coach will get to know you over multiple sessions — providing tailored guidance at whatever time and frequency works best for you



no cost to members



by phone



self-care and wellness resources

# healthy lifestyle programs

Online health guidance and action items  
to help build and reach health goals

## Health assessment

A quick, 10-minute survey will help us assess your health and medical history.

## Goal setting

Based on your answers, we'll help them choose some goals to focus on, like improving your mood, keeping stress in check, and sleeping better.

## Activity recommendations

We'll help you form better habits by suggesting a handful of activities they can fit into your daily or weekly routines.

**68 activities**  
to jump-start good health



no cost to members



all devices



self-care and wellness resources



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## food for health resources

Find easy and delicious healthy recipes! We make it easy to cook and eat wholesome food for a healthier life.

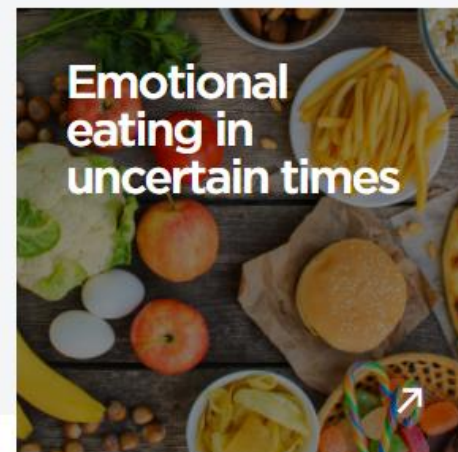
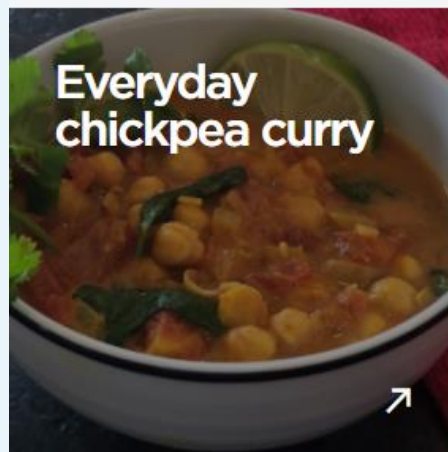
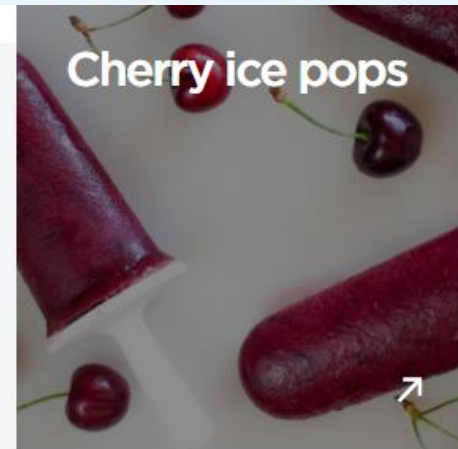
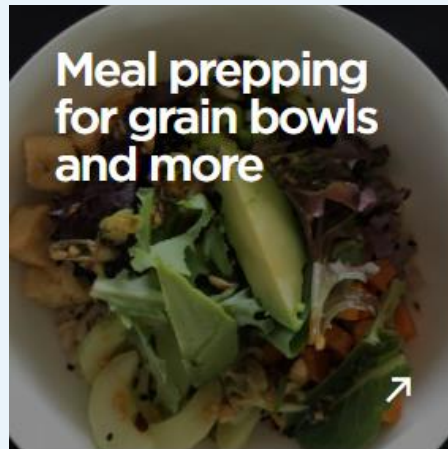
### Recipe library

- 700+ Healthy Recipes
- Browse by season, appetizer, meals, and more

### Need nutrition advice?

- Meal Prepping
- Plant Based / Vegetarian Diet
- Nutrition when it comes to total health

**Start cooking healthy today!**  
[kp.org/FoodforHealth](https://kp.org/FoodforHealth)



no cost to all



all devices



wellness resources



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# Good health requires more than just health care

If you need extra support, we're here to help

## We're here to help you live well and thrive

If you need access to resources, we can help. Thrive Local Connections connects you to support in your community confidentially and at no cost.



Call **1-800-443-6328** (TTY 711)

Monday through Friday between 8 a.m. and 5 p.m.\*

## Support for total health

Physical health is the health of your body. Mental health is the health of your mind. Social health is your ability to access basic resources, like a safe place to live and nutritious food. Together, these 3 things make up total health. To be truly healthy, you need all 3.



## You're invited to do something good for yourself again

Tackle your health goals with a worksite wellness program and earn rewards.



### Take action

Take a confidential online Total Health Assessment to see what's impacting your health. Then join missions to help you reduce stress, quit smoking, lose weight, and more.



### Enjoy the rewards

When you take action by June 30, 2021, you'll enjoy these rewards:

- Complete the Total Health Assessment and join 1 mission and earn a \$50 reward card.
- You'll also get a customized action plan to help you make healthy lifestyle changes.



### Get started today

To start your program:

- Go to [kp.org/engage](https://kp.org/engage) and sign on using your kp.org user ID and password.
- Select "Yes" to accept the Wellness Program Agreement.
- Start your program, which is listed on the "My rewards" page.

Start now. Visit [kp.org/engage](https://kp.org/engage) today.



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# Thank you

