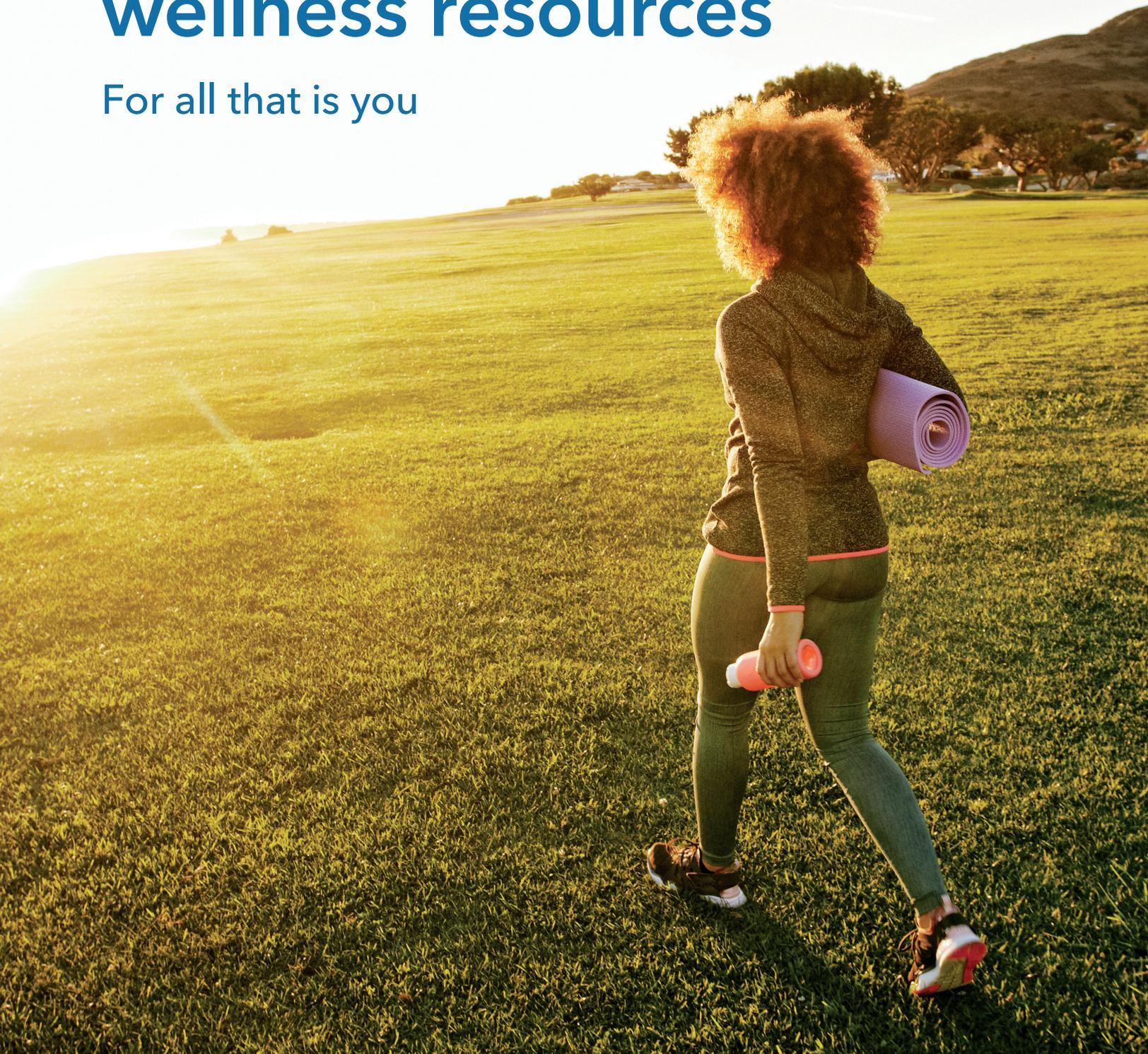


# Explore health and wellness resources

For all that is you



# For your mental wellness

Access apps to help reduce stress, improve sleep, and manage overall mental wellness at no cost.<sup>1,2</sup>



Calm

The number one app for sleep and meditation – designed to help lower stress, anxiety, and more.

- More than 100 guided meditations
- Audio sleep aids for deeper, more restful sleep
- Exclusive music for focus, relaxation, and sleep



myStrength

Build a plan so you have the right emotional support when and where you need it.

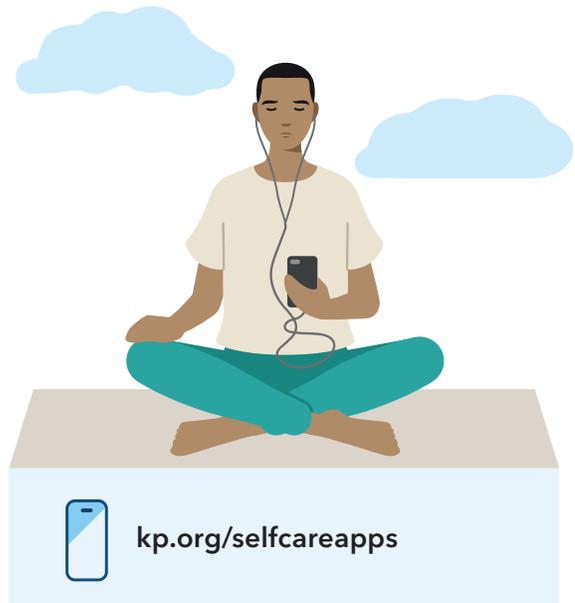
- Personalized support planning
- Tools to manage stress, depression, sleep, and more
- Hundreds of activities, articles, and videos for self-care



Ginger

Text one-on-one with an emotional support coach anytime, anywhere.<sup>3</sup> Support is just a text message away.

- 24/7 text-based emotional support coaching
- Support for goals, challenges, and personal action plans
- Self-care recommendations based on your needs



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. Calm and myStrength can be used by members 13 and over. The Ginger app and services are not available to any members under 18 years old. 3. Eligible Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost. 4. This value-added service is an extra service provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS), and is neither offered nor guaranteed under any KFHP-MAS contract. This entity may change or discontinue offering this service at any time. KFHP-MAS disclaims any liability for the service provided by this entity. 5. Please note that the ChooseHealthy program is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The ChooseHealthy program provides for discounts from participating specialty health care providers. You are obligated to pay for all services from those providers, but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program also provides access to the Active&Fit Direct program, which provides discounted access to fitness centers. The ChooseHealthy program does not make any payments directly to those participating providers or to the Active&Fit Direct program. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability. Colorado state law requires that an access plan be available that describes Kaiser Foundation Health Plan of Colorado's network of provider services. To obtain a copy, please call Member Services or visit [kp.org](http://kp.org).

Services covered under your health plan are provided and/or arranged by 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

# 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 resources<sup>4</sup>

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](https://kp.org/health-wellness)

[kp.org/salud-bienestar](https://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](https://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](https://kp.org/classes)

[kp.org/clases](https://kp.org/clases) (en español)



## Enjoy reduced rates

Get reduced rates on a variety of health-related products and services through the ChooseHealthy<sup>®</sup> program.<sup>5</sup> These include:

- You and a spouse can access more than 12,200 gyms across the U.S. and over 9,300 on-demand videos.
- Acupuncture, chiropractic care, and massage therapy

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

## 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](https://kp.org/easyswitch).



# 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.

<b>Total health and wellness resources</b>	Take control of your total health with mental health services, resources for addiction and recovery, self-care apps, community resources, and healthy living guides. <a href="https://kp.org/livehealthy">kp.org/livehealthy</a>   <a href="https://kp.org/vidasaludable">kp.org/vidasaludable</a> (en español)
<b>Self-care videos</b>	Watch a wide variety of video lessons to help control ongoing conditions and maintain good physical and mental health. <a href="https://kp.org/video">kp.org/video</a>
<b>Health topics</b>	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. <a href="https://kp.org/health">kp.org/health</a>   <a href="https://kp.org/salud">kp.org/salud</a> (en español)
<b>Recipes</b>	Get inspired to prepare delicious, healthy dishes. Browse recipes by category – like vegetarian dishes, soups, or desserts – or by what’s in season. <a href="https://foodforhealth.kp.org">foodforhealth.kp.org</a>
<b>Drug encyclopedia</b>	Learn about prescription and over-the-counter drugs – how they work, possible side effects, and more. <a href="https://kp.org/medications">kp.org/medications</a>   <a href="https://kp.org/medicamentos">kp.org/medicamentos</a> (en español)