

# Wellness Tools and Resources

Live healthier with helpful resources



# Added support to help you thrive

Explore our wellness resources for help and guidance on how to live a healthier tomorrow



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 a variety of health-related products and services through The ChooseHealthy® program. These include acupuncture, chiropractic care, massage therapy, and fitness membership



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



Seasonal farmers markets<sup>3</sup>

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

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.



self-care and wellness resources

 KAISER PERMANENTE®

# Perks for your total health

Get moving with fitness options that fit your schedule and lifestyle

## 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 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)



# Wellness apps

Digital mental health support — praised by professionals and users alike

*Calm*

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

*my*Strength

Evidence-based programs to help members set mental health goals, track progress, and get support managing depression, anxiety, and more.

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



no cost to members



all devices



self-care and wellness resources



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# 24/7 emotional support coaching app

The Ginger app offers 1-on-1 support for many common challenges — from anxiety, stress, and low mood to issues with work, relationships, and more. Kaiser Permanente members can use the app for 90 consecutive days per year at no cost.



## What can members do with Ginger?

- Text with a coach anytime, anywhere, 24/7 for 90 days.
- Discuss goals, share challenges, and create an action plan with their coach.
- Get personalized, interactive skill-building tools from a library of more than 200 activities.
- View recaps from each texting session, track progress, and work with their coach to adjust action plans as needed.

\*Sarah Kunkle et al., "Association Between Care Utilization and Anxiety Outcomes in an On-Demand Mental Health System: Retrospective Observational Study," *Journal of Medical Internet Research*, January 2021.

**47%**  
of users  
with anxiety  
saw symptoms  
improve.\*



90-day access to Ginger



no cost to members



all mobile devices



wellness resources

# On-demand emotional support coaching



The Ginger app's skilled coaches are available 24/7 to provide personalized support for coping with common challenges. Kaiser Permanente members can use the app for 90 days per year at no cost.

## Meeting the growing demand for digital mental health tools

Emotional support tools work best when your employees are eager to use them.

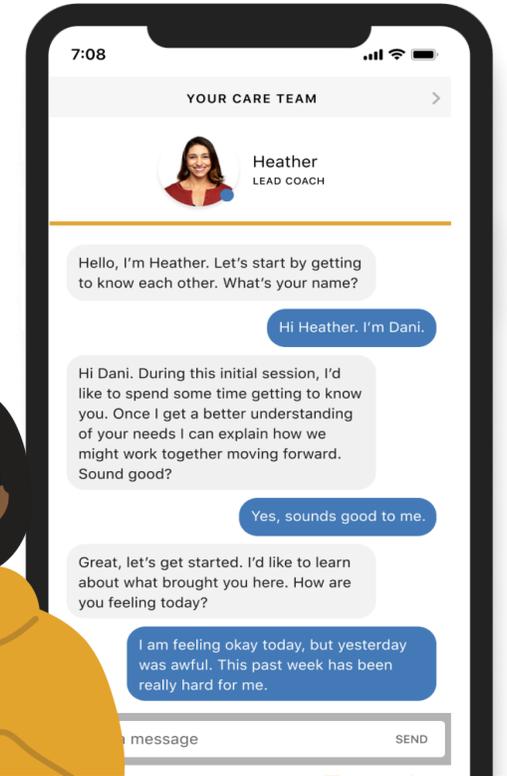
Usage of tools like Ginger has skyrocketed — increasing from 29% at the beginning of 2020 to 48% in 2021.<sup>1</sup>

## Around-the-clock support when your employees need it most

Members can access a coach anytime, anywhere for 1-on-1 support.

- 76% of Ginger members text with their coach outside business hours.
- 60 seconds is the average wait time to connect with a coach.<sup>2</sup>

47%  
of users  
say Ginger  
helps with  
anxiety<sup>3</sup>



1. "Workforce Attitudes Toward Mental Health Report," Ginger, 2021. 2. Ginger.com/experience, accessed December 13, 2021. 3. Sarah Kunkle et al., "Association Between Care Utilization and Anxiety Outcomes in an On-Demand Mental Health System: Retrospective Observational Study," *Journal of Medical Internet Research*, January 2021.



# Wellness coaching

Convenient, ongoing support from a specially trained health professional

## Many areas of focus

Wellness coaches can help members with stress, sleep, smoking cessation, and more. They're not mental health care providers, but they can set up an action plan to keep your employees motivated toward their health goals.

## Convenient scheduling

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

## Dedicated support

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

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



no cost to members



by phone



self-care and wellness resources



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# Food for health resources

Find easy and delicious healthy recipes and more

## Recipe library

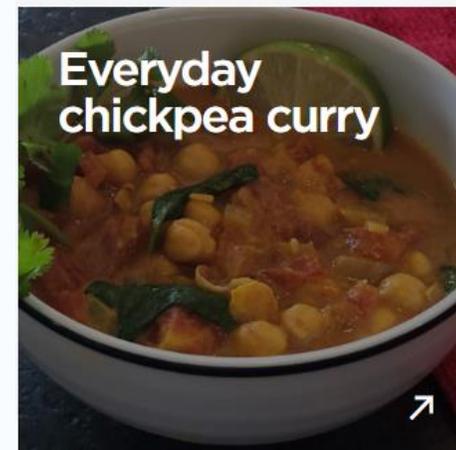
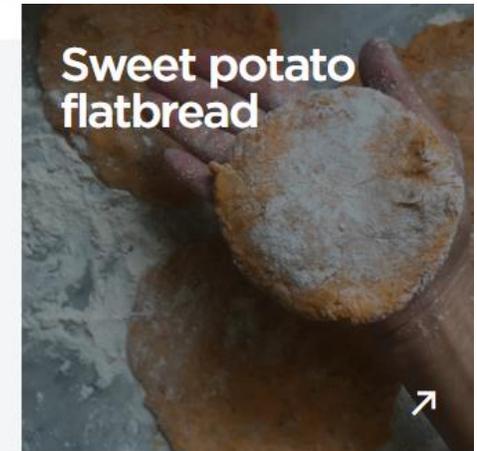
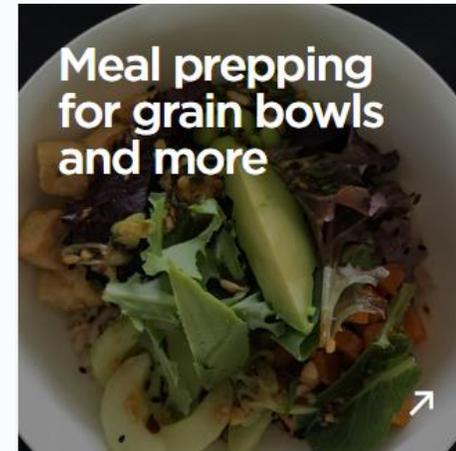
- 700+ Healthy recipes
- Browse by season, appetizer, meals, and more

## 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)



# 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.

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



no cost to members



all devices



self-care and wellness resources



KAISER PERMANENTE®

# ChooseHealthy program

Access a variety of complementary and alternative care resources to help you get active and stay healthy

**25% OFF**  
Acupuncture  
Rebalance of energy with fine needles

**25% OFF**  
Chiropractic  
Spine manipulation to help ease pain

**25% OFF**  
Therapeutic Massage  
Hands-on touch to relax tense muscles

**FREE HEALTH RESOURCES**  
Resource Library  
Find 1,000+ health articles and tools

**STANDARD FITNESS MEMBERSHIP**  
**\$25/mo**  
11,600+ FITNESS CENTERS  
7,600+ WORKOUT VIDEOS  
Active&Fit DIRECT

## Reduced rates

Get reduced rates on a variety of health-related products and services through The ChooseHealthy® program.<sup>4</sup> These include:

- Active&Fit Direct – members pay \$25 per month (plus a one-time \$25 enrollment fee) for access to a national network of more than 10,000 fitness centers
- Up to 25% off a contracted provider's regular rates for:
  - Acupuncture
  - Chiropractic care
  - Massage therapy

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

# Health classes and programs

Your journey to better health starts here

You can sign up for in-person, over the phone, and online wellness programs and classes designed to help you achieve your health goals.

All sessions are taught by our team of experts and will walk you through how to make actionable lifestyle changes.

## Our program offers

- Health classes and resources
- Health nutrition and counseling
- Patient education videos
- Online health tools
- Wellness coaching by phone

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





Thank you

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