

Explore health and wellness resources

For all that is you



Scan the QR code or visit
kp.org/calpers for more information.

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

With our wellness resources, you'll get tools, tips, and information to help you create positive changes in your life.¹ 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.¹ You'll work one-on-one with your personal coach to make a plan to help you reach your health goals.

kp.org/wellnesscoach



Get help preventing type 2 diabetes

Reduce your risk for type 2 diabetes with an at-home program from Omada. With tools to track weight loss, professional coaching, and peer support, the program can help you eat healthier, boost activity, and reduce stress.

go.omadahealth.com/deployments/kaisercalpers



Join health classes

With all kinds of health classes and support groups offered at our facilities, there's something for everyone.¹ Classes vary at each location, and some may require a fee.

kp.org/classes

kp.org/clases (en español)



Enjoy complementary care and reduced rates

Get reduced rates on a variety of health-related products and services through the ChooseHealthy[®] program.² These include:

• Complementary care

As a CalPERS member, your acupuncture and chiropractic benefit includes a combined 20 visits per calendar year at \$15 copay for each visit when you choose a participating provider. Visit ashlink.com/ash/kp for a list of providers or call **1-800-678-9133**.

Separate from your plan coverage, through ChooseHealthy, you can also save 25% off participating providers' regular rates for acupuncture, chiropractic care, and therapeutic massage.

For more information, visit kp.org/choosehealthy or call **1-877-335-2746**.

• Fitness center memberships

The Active&Fit Direct[™] program offers a network of 12,200+ participating fitness centers for \$28 per month (plus \$28 enrollment fee and applicable taxes). To learn more, go to kp.org/choosehealthy, or call **1-877-335-2746** for more information.

For your mental wellness

Access apps to help reduce stress, improve sleep, and manage overall mental wellness at no cost.^{3,4}



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.⁵ 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 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. **2.** 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. **3.** 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. **4.** 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. **5.** 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.

Learn more about your health

More information is just a click away. Use these interactive tools and reference guides to find answers to your health questions and help you make decisions about your care.

Drug encyclopedia	Look up detailed descriptions of thousands of drugs, including possible side effects. kp.org/medications kp.org/medicamentos (en español)
Health encyclopedia	Explore more than 40,000 pages of in-depth information on health conditions, related symptoms, and treatment options. kp.org/health kp.org/salud (en español)
Health guides	Stay informed on popular health subjects or discover something new through our healthy living guides, available in English and Spanish. kp.org/livehealthy kp.org/vidasaludable (en español)
Interactive tools and calculators	Take an interactive quiz or enter your information into one of our calculators to learn more about your health. kp.org/calculators
Medical test directory	Learn more about your options for common tests and procedures, along with their risks and benefits. kp.org/healthdecisions
Natural Medicines Comprehensive Database®	Find answers to your questions about dietary supplements, vitamins, minerals, and other natural products. kp.org/naturalmedicines kp.org/medicinasnaturales (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/foodforhealth
Symptom checker	Use our interactive visual aid to gauge your symptoms. Click on the body part that’s troubling you and learn what to do next. kp.org/symptoms kp.org/sintomas (en español)
Videos and podcasts	Look, listen, and learn about your health and well-being. Watch videos or download health-related, guided meditation podcasts. kp.org/video kp.org/podcasts