



## Explore health and wellness resources

You deserve support for your total health – mind, body, and spirit. These resources can help you reach your health goals and improve your overall well-being. It's care made easy, designed to help you live well and thrive.

### For your mental wellness

Members can get help with depression, anxiety, addiction, and mental or emotional health – without a referral for mental health care within Kaiser Permanente.

 **Access resources to help you feel your best**

Share your concerns with anyone on your care team at any time, and they can connect you to the support you need, including:

- Individual or group therapy
- Medication
- Self-care resources
- Mental wellness apps<sup>1</sup>

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



## 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>2</sup>

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)



### Achieve your fitness goals

Get help reaching your health goals with a fitness membership from One Pass Select Affinity from Optum.<sup>1</sup> Choose your plan and get unlimited access to a large nationwide network of gyms and boutique studios.

You'll also get access to Optum's affinity musculoskeletal program. Enjoy 20% off chiropractor, acupuncture, and therapeutic massage services at participating providers.

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

### Getting great care is easy

Are you new to Kaiser Permanente? Thinking about joining? It's simple to get started with your new plan.

Get started with Kaiser Permanente at [kp.org/newmember](https://kp.org/newmember).



<sup>1</sup> 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. <sup>2</sup> 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.

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](https://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., 2715 Naches Ave. SW, Renton, WA 98057