

Live, Feel, Be Better

With care designed to help you thrive



Added support to help you thrive¹



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, massage therapy, and gym memberships



On-site health education classes and support groups²

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. myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.

Extras for your total health

CLASSPASS kp.org/exercise

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/selfcareapps

Calm uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. Available at no cost to adult members.

- A new 10-minute Daily Calm meditation every day
- Guided meditations for anxiety, stress, gratitude, and more
- Sleep Stories (soothing bedtime tales for grown-ups)

Wellness coaching by phone (kp.org/wellnesscoaching)



Healthy eating and nutrition advice

Reduce stress

Convenient, ongoing support

Call **1-866-862-4295** to make an appointment

69% of members

who used wellness coaching reduced their stress within one month

Total health assessment (kp.org/tha)



Self-guided online coaching

Identify health risks

Personalized recommendations

Learn healthy habits



Wellness discounts (kp.org/choosehealthy)



Gym membership – Active and Fit Direct (\$25/month)

Massage therapy – American Specialty Healthy (25% off)

Wearable devices, fitness clothing and equipment

No-cost resource library, i.e. workout plans



Your acupuncture and chiropractic benefit



\$15 copay per visit

30 visits per year combined coverage

No referral needed

Find a participating provider
ashlink.com/ash/kp



Weight management online classes (kp.org/classes)



Healthy Weight
(415) 833-3450

Healthy Family Habits
(415) 833-4151

Healthy Eating with Diabetes
(415) 833-3450



Stress management online classes (kp.org/classes)



Improving Your Sleep
(415) 833-3450

Managing Your Stress
(415) 833-3450

Mindfulness Based Stress Reduction
(707) 393-4167



Healthy eating online classes (kp.org/classes)



Plant Based Eating
(415) 833-3450

Thrive Kitchen At Home
(415) 833-3450



Explore our broad range of self-care resources



kp.org/selfcare

Guided meditations from Calm

Articles and tips to help navigate life's changes and challenges

Online self-assessments





Want to learn more?

Choosing a health plan is a big decision — so we're here to answer any of your questions.



Ask about the essentials

- Where to get care
- Specialty care services
- How our doctors, hospitals, and health plan work together to make your life easier



Or about our extra features

- Video visits* and other convenient ways to get care
- Apps, podcasts, and other self-care resources available to you at no additional cost

Call **1-800-514-0985** (TTY 711), Monday through Friday, 7 a.m. to 6 p.m. Pacific time.

*When appropriate and available.



Thank you