# SFHSS Well-Being Benefits and Resources



#### Blue Shield of CA HMO & PPO Accolade Members

<u>Wellvolution</u>, is a digital platform for health and well-being that offers over 50 apps and programs to help you achieve your health goals – at no extra cost. You choose the areas to focus on:

- Prevent and reverse disease
- Eat better
- Exercise more
- Manage stress

- Sleep better
- Tobacco cessation
- Weight Management Programs

### Free Access to Mental Health & Emotional Well-Being Apps



**Headspace** - Learn meditation and mindfulness to reduce stress and boost mood.



**Ginger** - Get expert mental health care online, when you need it. (HMO members access via Wellvolution & PPO members access via Accolade)

Get started at wellvolution.com or call (866) 671-9644 today!

# blue 😈 of california

### **Well-Being Discounts**

#### **Fitness Your Way**

Get access to 10,000+ fitness centers nationwide for just \$25 per month. Visit <u>fitnessyourway.tivityhealth.com/bsc</u> or call (833) 283-8387.

#### Alternative Care Services

Save on alternative healthcare services from practitioners participating in the ChooseHealthy program.

- Acupuncture
- Chiropractic
- Therapeutic Massage

Visit <u>blueshieldca.com/bewell</u> to learn more.



## **Well-Being Discounts**

Get member discounts for health-related services and products. Learn more here <u>sfhss.healthnetcalifornia.com</u>.

## **Weight Management Programs**

Weight Watchers - <u>weightwatchers.com/us/health-net</u> Jenny Craig - <u>jennycraig.com/healthnet</u>

### **Active&Fit Direct**

Offers membership discounts 11,000+ fitness centers, including select YMCA locations. The cost is just \$25 a month (plus a one-time \$25 signup fee and taxes).

### **ChooseHealthy Program**

Get a 25% discount on acupuncturists, chiropractors, massage therapists. Visit the ChooseHealthy store to buy health and well-being products at a discount.

Enroll at sfhss.healthnetcalifornia.com or call (833) 448-2042.

# Health Net CanopyCare Members

Health Net gives you the tools and well-being programs you - and your family - need to live a healthy life. Programs include:

- Health challenges
- Tobacco cessation
- Behavioral health
- Diabetes prevention
- Well-being webinars

## Free Access to Mental and Physical Health Apps



<u>Unwind</u>- A mental well-being program designed to help you better understand how your mind works, reduce stress, and build healthier habits.



<u>myStrength</u> - Online tool to help you manage stress, anxiety, chronic pain, and more.



omada - Pre-diabetes and weight management digital program that creates a personalized plan and provides one-on-one support.

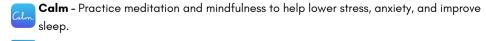
Learn more at sfhss.healthnetcalifornia.com or call (833) 448-2042.

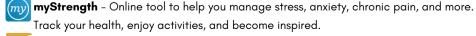
## Kaiser Permanente Members

Explore well-being resources and programs that help guide you on how to live a healthier tomorrow. Stay healthy and thrive with these free lifestyle programs and online classes at kp.org/classes:

- Eating healthy
- Weight management
  Red
- Online Classes
- Sleep betterReduce stress
- Tobacco cessation

## Free Access to Mental Health & Emotional Well-Being Apps Visit kp.org/selfcareapps.





Ginger - App to provide non-clinical emotional coaching support.

To learn more visit <u>kaiserpermanente.org/health-wellness</u> or contact your local facility for more information.



#### **Well-Being Discounts**

**ClassPass** - Get unlimited on-demand video workouts at no costs and reduced rates on real-time online and in-person fitness classes. Learn more at <a href="kp.org/exercise">kp.org/exercise</a>.

#### **ChooseHealthy Program**

Get reduced rates on a variety of fitness products, massage therapy, Active&Fit Direct gyms, and well-being services through the ChooseHealthy program.

Learn more at kp.org/choosehealthy.

# SFHSS Well-Being Benefits and Resources



# Lifestyle Coaching

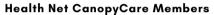
Get one-on-one well-being support by phone with a coach at no cost to you. Work with a coach to develop a personalized health plan.

Discussion topics include:

- Healthy eating and nutrition
- Stress Management
- Exercise and physical activity
- Tobacco cessation
- Weight management
- And more!

#### Blue Shield of CA

- HMO Members visit wellvolution.com or call (866) 671-9644
- PPO Members visit <u>wellvolution.com</u>, call (866) 671-9644 OR visit <u>members.accolade.com</u>, call (866) 336-0711



Visit sfhss.healthnetcalifornia.com or call (833) 448-2042

#### Kaiser Permanente Members

Visit kp.org/wellnesscoaching or call (866) 862-4295





# Take a Health Assessment Online Today

Increase your awareness and learn about your well-being by taking a few minutes to complete a health assessment through your health plan provider. Get support and personalized programs that are right for you.

# Blue Shield of CA Members (HMO & PPO)

Visit wellvolution.com or call (866) 671-9644

### **Health Net CanopyCare Members**

Visit <u>healthnet.Sharecare.com</u> or call (855) 430-5272

#### Kaiser Permanente Members

Visit kp.org/tha or call (800) 514-0985

To view additional health benefits please visit <a href="https://sfhss.org/Using-Your-Benefits/using-your-benefits-employees">https://sfhss.org/Using-Your-Benefits/using-your-benefits-employees</a>