

# Building a Culture of Health

## Workforce Health Resources

### Employee Resources

| Service   | Description  | Cost And Eligibility*            |
|---|--|----------------------------------|
| <b>Health Profile</b>   | Our Health Profile helps employees evaluate their health risk factors. Information from the Health Profile is part of each member's Kaiser Permanente medical record and can help in making care decisions. Members can also print out the Patient Summary Report and bring it to share with their provider at their next visit. Access the Health Profile on <a href="http://kp.org/wa">kp.org/wa</a> . | No additional cost for members.  |
| <b>Wellness Coaching by Phone</b>                                     | One-on-one telephone visits with a health coach to support members with their health goals. Topics include sleep, weight management, stress management, and chronic conditions. Get started at <a href="http://kp.org/coaching">kp.org/coaching</a> .  | No additional cost for members.  |
| <b>Manage Your Health on <a href="http://kp.org/wa">kp.org/wa</a></b> | Online and mobile app. Members can review their personal action plan, schedule routine appointments, view most test results, order prescriptions, email providers with nonurgent questions, attend telehealth appointments, and access their Kaiser Permanente identification card.  | No additional cost for members.  |
| <b>Preventive Services</b>  | Preventive care, including immunizations and screenings to detect possible diseases, are available to all members. Many of these services are covered with no cost sharing. Contact Member Services for specific details at <b>1-888-901-4636</b> .  | No additional cost for members.* |
| <b>Telehealth</b>   | Video and telephone appointments are available. Members can also email nonurgent questions and upload photos for their provider through <a href="http://kp.org/wa">kp.org/wa</a> .   | Member cost share may apply.     |
| <b>Urgent Care</b>  | Walk-in urgent care is available 7 days a week, including evenings, weekends, and holidays, at conveniently located offices. Members may also schedule urgent care video or telephone visits.  | Member cost share applies.       |



## Employee Resources Continued

| Service                                 | Description  | Cost And Eligibility*   |
|---|--|---|
| <b>Consulting Nurse Service</b>         | Advice nurses are available 24 hours a day, 7 days a week, to assist members with care and treatment options at <a href="tel:1-800-297-6877">1-800-297-6877</a> .  | No additional cost for members.   |
| <b>Tobacco Cessation</b>                | The Quit for Life® Program can help employees quit using tobacco through a combination of program materials and personalized telephone counseling sessions. Employees also have access to Web Coach®, an online platform where they can interact with Quit Coaches and peers, build a Quit Plan, and track money saved by reducing tobacco usage. Visit <a href="http://www.quitnow.net/kpwa">www.quitnow.net/kpwa</a> . | Telephone counseling and web tools and resources are no additional cost for members. Cost share may apply for some medications. |
| <b>ChooseHealthy® Program</b>           | See <a href="http://kp.org/choosehealthy">kp.org/choosehealthy</a> for discounts on complementary and alternative care providers, fitness facilities, wellness supplies, and activities.   | No additional cost for members.   |
| <b>Health Education</b>                 | See <a href="http://kp.org/health-wellness">kp.org/health-wellness</a> for physician-approved wellness tips, recipes, health calculators, and drug and treatment options.  | No additional cost for members.   |
| <b>Total Health Videos and Podcasts</b> | See <a href="http://kp.org/listen">kp.org/listen</a> for online podcasts, videos, and guided imagery.  | No additional cost for members.   |
| <b>MyStrength</b>                       | Personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support for depression, anxiety, sleep, stress, substance use recovery, chronic pain. See <a href="http://kp.org/mystrength">kp.org/mystrength</a> to get started.   | No additional cost for members.   |
| <b>Calm</b>                             | The #1 app for meditation and sleep – designed to help lower stress, reduce anxiety, and more. Features include more than 100 guided meditations, Sleep Stories for deeper and better sleep, and video lessons on mindful movement and gentle stretching. Visit <a href="http://kp.org/wa/calm-app">kp.org/wa/calm-app</a> for more info.  | No additional cost for members.   |
| <b>ClassPass</b>                        | ClassPass partners with 30,000 gyms and studios around the world and offers a range of classes including yoga, dance, cardio, boxing, Pilates, boot camp, and more. Members have access to unlimited on-demand video workouts, livestreams of top-rated fitness classes, and reduced rates for in-person gym classes. Visit <a href="http://kp.org/health-wellness">kp.org/health-wellness</a> to learn more.            | No additional cost for members.   |

## Worksite Services

| Service   | Description   | Cost and Eligibility*                     |
|---|---|---|
| <b>Onsite Employee Health Screenings (on hold during COVID-19 pandemic)</b> | Onsite screening services may include blood pressure, BMI, lipid values, and more. Screeners also provide brief consultation to employees around their results.   | Contact your account contact for pricing. |
| <b>Classes and Webinars</b>   | Topics include tobacco cessation, sleep, weight management, stress management, chronic conditions, and more. Reach out to your account contact for a full list of classes offered online and in our medical office buildings.   | \$425 per hour. Open to all employees.    |
| <b>Toolkits</b>   | 7- to 8-week programs addressing various well-being topics, including sleep, weight management, stress, and more. Toolkits come with promotional materials, email content, tracking logs, workbooks, and implementation guides. Available on <a href="http://kp.org/choosebetter">kp.org/choosebetter</a> . | No additional cost for members.           |

## Employer Resources

| Service                                | Description  | Cost and Eligibility* |
|--|--|-----------------------|
| <b>Wellness Resources and Toolkits</b> | See <a href="http://kp.org/workforcehealth">kp.org/workforcehealth</a> for information on the following topics: Food Policy, Healthy Meetings, Tobacco-Free Campus, Walking, Wellness Committee, and Workforce Health Resources. | No additional cost.   |
| <b>Reporting</b>                       | Aggregate reporting on employee risk factors and engagement measures.  | No additional cost.‡  |
| <b>Communications</b>                  | Monthly health topics and other employee communications and promotions.  | No additional cost.‡  |

\*All fees listed here are minimum estimates only. Detailed pricing available upon request.

†Medical record integration not available for nonmembers.

‡Custom projects may incur fees.