

On-demand wellness tools put better health within reach

Employees can use our no-cost health and wellness apps anytime, anywhere.^{1,2,3}

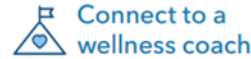


Calm

The #1 app for meditation and sleep is designed to help lower stress, reduce anxiety, and build resilience.



Headspace offers 1-on-1 emotional support coaching by text, self-care activities, and more — available 24/7.



Wellness coaching by phone members will work one-on-one with your personal coach to make a plan to help you reach your health goals.



No-cost fitness classes with ClassPass

Employees can access on-demand video workout classes including yoga, dance, cardio, boxing, Pilates, bootcamp, and more.

Targeted support for healthier living

kp.org/diabetes — a suite of resources to help manage diabetes through diet, medications, exercise, and more

kp.org/maternity — a complete guide through pregnancy, including prenatal care, birth planning, and caring for a new baby

kp.org/socialhealth — a directory of community-based support, including programs for food, housing, and child care

1. 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. 2. Calm can be used by members 13 and over. The Headspace app and services are not available to any members under 18 years old. 3. 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.