

Care for your mind and body

Good health goes beyond the doctor's office. With Kaiser Permanente, you get a wide range of personalized support for your mind and body – built to fit seamlessly into your lifestyle.

For your mental wellness

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

With multiple options to fit your journey.

MEDICATION

To manage a diagnosed condition.

SELF-CARE RESOURCES

Including wellness coaching and more.

MENTAL WELLNESS APPS¹

For stress, sleep, and healthy habits.



Visit kp.org/calpers and go to "Take advantage of tools that support your health."

For your physical health

Craving a yoga class or cooking workshop? How about massage therapy or wellness coaching? Whatever your style, you've got convenient perks for your entire health journey.

RESOURCES FOR A HEALTHY LIFESTYLE

To boost your diet, stress less, quit smoking, or manage a condition.

GYMS, STUDIOS, AND MORE

Power up with a fitness membership from One Pass Affinity.¹

WELLNESS COACHING

Work one-on-one with a personal coach to set and reach specific health goals – at no cost.

CLASSES AND GROUPS

Find the perfect class for you, online or in person. Some classes may require a fee.

EARN HEALTHY REWARDS

Earn up to \$150 in rewards for completing simple, healthy activities.²



Visit kp.org/calpers and go to "Take advantage of tools that support your health."

1. 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. 2. Kaiser Permanente rewards is currently available to adult members in commercial small and large group plans in Colorado, Georgia, the Mid-Atlantic States, and the Northwest only. The rewards card can be used for health-related expenses, groceries, household items, and other everyday purchases. Restrictions apply: specifically, purchase of alcohol, tobacco, or firearms products is prohibited, and the reloadable card will be declined for such purchases. Reward earnings are taxable. It is a member's responsibility to report the reward amounts earned when they file their tax return. Use of this card is subject to the Cardholder Agreement. This card is issued by The Bancorp Bank, N.A., pursuant to a license from Visa® U.S.A. Inc. and may not be used everywhere Visa® debit cards are accepted. No cash or ATM access.

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., 4000 Garden City Drive, Hyattsville, MD 20785 • 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

