




## Explore health and wellness resources

You deserve support for your total health – mind, body, and spirit. These resources can help you reach your health goals and improve your overall well-being. It's care made easy, designed to help you live well and thrive.

### For your mental wellness

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

 **Access resources to help you feel your best**

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
- Medication
- Self-care resources
- Mental wellness apps<sup>1</sup>

[kp.org/mentalhealth](https://kp.org/mentalhealth)



## For your physical health

Take advantage of these convenient perks – from personal health coaching to reduced rates on alternative medical therapies.



### Live healthier with helpful resources<sup>2</sup>

Get tools, tips, and information to help you create positive changes in your life. Our complimentary resources can help you:

- Eat healthier
- Quit smoking
- Reduce stress
- Manage ongoing conditions like diabetes or depression

[kp.org/health-wellness](https://kp.org/health-wellness)

[kp.org/salud-bienestar](https://kp.org/salud-bienestar) (en español)



### Connect to a wellness coach

If you need more support, we offer Wellness Coaching by Phone at no cost. You'll work one-on-one with your personal coach to make a plan to help you reach your health goals.

[kp.org/wellnesscoach](https://kp.org/wellnesscoach)



### Join health classes

With all kinds of health classes and support groups offered at our facilities, there's something for everyone. Classes vary at each location, and some may require a fee.

[kp.org/classes](https://kp.org/classes)

[kp.org/clases](https://kp.org/clases) (en español)



### Achieve your fitness goals

Get help reaching your health goals with a fitness membership from One Pass Select Affinity from Optum.<sup>1</sup> Choose your plan and get unlimited access to a large nationwide network of gyms and boutique studios.

You'll also get access to Optum's affinity musculoskeletal program. Enjoy 20% off chiropractor, acupuncture, and therapeutic massage services at participating providers.

[kp.org/exercise](https://kp.org/exercise)

### Getting great care is easy

Are you new to Kaiser Permanente? Thinking about joining? It's simple to get started with your new plan.

Get started with Kaiser Permanente at [kp.org/newmember](https://kp.org/newmember).



<sup>1</sup> 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. <sup>2</sup> This value-added service is an extra service provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS), and is neither offered nor guaranteed under any KFHP-MAS contract. This entity may change or discontinue offering this service at any time. KFHP-MAS disclaims any liability for the service provided by this entity.

Colorado state law requires that an access plan be available that describes Kaiser Foundation Health Plan of Colorado's network of provider services. To obtain a copy, please call Member Services or visit [kp.org](https://kp.org).

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., 2101 E. Jefferson St., Rockville, MD 20852 • 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



# Whole-body health made easier

## Get help reaching your wellness goals

### Choose a One Pass Select Affinity fitness plan that fits your lifestyle

Make a commitment to your overall well-being by joining One Pass Select Affinity from Optum.<sup>1</sup> Choose a fitness plan and get unlimited access to all locations available within that plan, plus extensive digital resources.

- 5 membership tiers with different monthly fees<sup>2</sup>
- 19,000+ gym locations and boutique studios
- 24,000+ on-demand and livestreamed classes
- Digital tools to track progress and an AI workout builder
- 10% off memberships for family and friends
- No long-term contracts – change tiers monthly or cancel within 30 days
- Groceries and household essentials delivered with Walmart+ and Shipt

### Save on wellness services

Kaiser Permanente members can access Optum's affinity musculoskeletal program.<sup>3</sup>

Get 20% off chiropractors, acupuncturists, and massage therapists when you visit a participating provider and show your Kaiser Permanente ID card.

**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.** In Colorado, eligible employees who have the One Pass Select program have access to the classic tier after paying a \$100 annual fee. Employees with the classic tier may access other tiers within the gym network after paying an additional fee. In Hawaii, members pay a \$200 annual fee to access the classic tier (aka Fit Rewards program). Members who work out for 45 days for at least 30 minutes each session over the year will earn a \$200 reward. Only 1 training session per day counts toward the 45-day total. **3.** See note 1.

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Learn more at [kp.org/exercise](https://kp.org/exercise)

