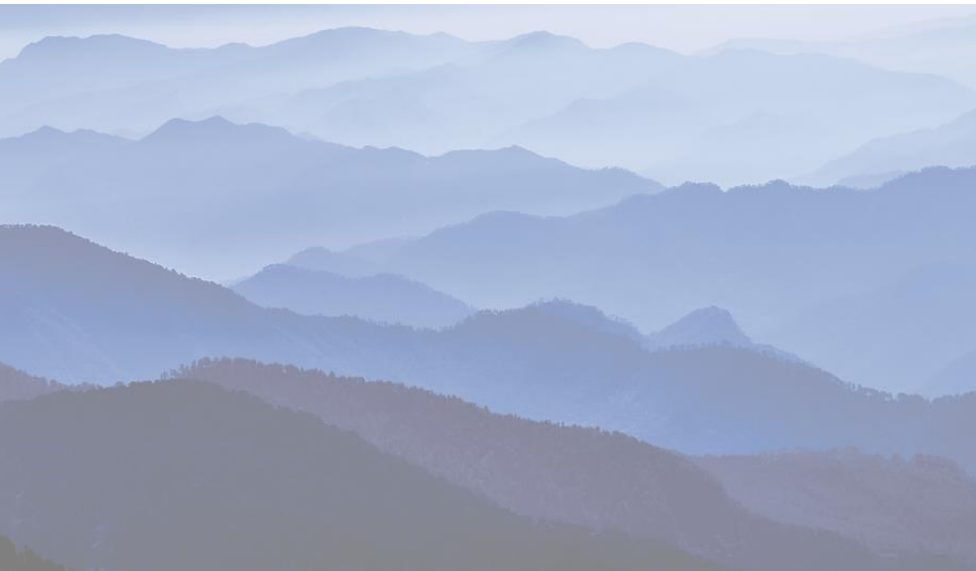


Kaiser Permanente Health Talks

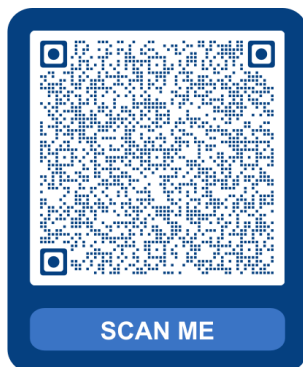


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That's why we're bringing our providers to you through a series of virtual health talks. The health talks include a presentation by providers who are experts in their field followed by Q&A. These events are free. Separate registrations will be available for each talk; watch for details*.

Flyers, Registration and
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**4TH THURSDAYS
JANUARY - OCTOBER
12:30 - 1:30 PM (PST)**

2025 TOPICS

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Kaiser Permanente Health Talks

Stress Reduction, Resiliency & Communication

Join Kaiser Permanente clinical psychologist **Lorna Chiu, PhD** in our January session, where you will:

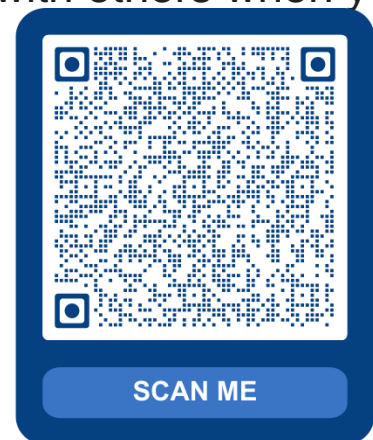
- Understand why stress happens and the costs of unmanaged stress.
- Recognize signs and warning signs of stress.
- Identify self-care and stress management skills.
- Learn ways to communicate what you need with others when you are under stress, to help reduce it.

Date: Thursday, January 23, 2025

Time: 12:30 – 1:30 pm PST

Location: Microsoft Teams

Register: QR Code or [click here](#)



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register. The presentation will be in English.



Small steps, big results

Looking to lose weight? Or do you just want to feel better overall? With regular exercise, you can increase your energy levels, get stronger, and help prevent illness.¹ Even small changes to your daily routine can make a big difference.

Healthy body

Whether you're walking the dog, doing yoga, or lifting weights – it all counts as exercise.

Regular exercise tones your muscles, strengthens your bones, and helps you manage your weight. It can also lower your risk for heart disease and increase your chances of living longer.¹

Healthy mind

Being physically active seems to improve memory and attention.²

For young people, exercise increases learning.¹ In older adults, research shows that regular exercise lowers the risk of developing dementia, including Alzheimer's.²

Healthy spirit

Physical fitness boosts your ability to deal with everyday challenges.

Exercise can improve your sleep, reduce anxiety, and lower your risk for depression.² It also helps you fight off infections and improves your balance and coordination.^{1,3}

Visit kp.org/fitness for more tips and information.

1. "Benefits of Physical Activity," Centers for Disease Control and Prevention, April 24, 2024. 2. [Physical Activity Guidelines for Americans](#), U.S. Department of Health and Human Services, 2018. 3. "Health Benefits of Physical Activity for Adults," CDC, March 24, 2024.

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365 Engagement Support for Employees and You



Live Webinars

Employees can learn about plan benefits, programs, and resources available in this live meeting format through Microsoft Teams.

Examples:

- New Member Onboarding
- Maximize your Benefits (detailed overview of wellness resources)
- Any of the topics listed under General Brainshark

Office Hours (Q&A)

Employees can get plan questions answered during a 1-on-1 session scheduled through Microsoft Bookings.

On-Demand Presentations (General & Customized)

Employees can watch a prerecorded presentation anytime, anywhere at their convenience through a Brainshark.

Customized Webpage

Your Kaiser Permanente personalized webpage with resources at your fingertips through a Shared Space.

Train-the-Trainer Session

Learn more about Kaiser Permanente's value, products, services, and resources.

In-Person Support

Examples: Health Fairs, Open Enrollment, etc.

Virtual On-Demand Presentations

General Brainshark Topics

- Care Away From Home
- kp.org and Online Tools
- Learn About Kaiser Permanente
- Maternity Care
- Medicare 101 Presentation
- Mental Health and Wellness
- Open Enrollment
- Telehealth Services
- Understanding Your HMO Plan
- Understanding Your DHMO Plan
- Understanding Your HSA-Qualified HDHP Plan
- Wellness Tools and Resources

If you have questions or interest in engagement opportunities, please reach out to me or your Account Management Team.

Anita Oseguera
Engagement Specialist
Anita.m.oseguera@kp.org



New Year, New Goals: Empowering Employees and Creating a Culture of Health in 2025

Adults spend about one-third of their waking hours at work, providing employers a unique opportunity to support workforce health.

When employees believe their company cares about their well-being, they are three times more likely to be engaged at work and 36% more likely to thrive in both their professional and personal lives.¹ This finding from Gallup reinforces the value of a culture of health within the workplace, and the start of a new year is a great time to re-assess your program and empower your employees.

- Take an inventory of current policies and initiatives and explore how wellness activities can be integrated into daily routines and workflows.
- Set SMARTIE² health goals as a team and encourage leaders and managers to check in on the well-being goals of their direct reports.
- Encourage employees to set realistic and achievable goals and support them with education through newsletters or webinars, social support, and tools like habit trackers or wellness coaching. Many of these resources are provided by health plans, like Kaiser Permanente.

More than ever, employees look to their employers to support their overall well-being, including mental and physical health, work-life balance, and financial stability. Now is the perfect time to help your employees achieve their health goals!

1. Jim Harter, "Percent Who Feel Employer Cares About Their Wellbeing Plummet," Gallup, March 2024; 2. Strategic, Measurable, Attainable, Relevant, Time-bound, Inclusive, and Equitable

What Others Are Doing:

[A weight-loss win with Kaiser Permanente wellness coaching](#)

Kaiser Permanente offers wellness coaching to members 18 and older, at no extra cost, to help individuals meet their wellness goals on weight, tobacco cessation, stress management, healthy eating, and physical activity. Coaches use various techniques to explore the thoughts and feelings that keep individuals from achieving their goals.

Members can schedule a wellness coaching phone appointment by going to [KP.org](https://kp.org) or calling 866-862-4295.



Resources for your Employees

[Tiny Habits Toolkit](#)

[Atomic Habits Cheat Sheet](#)

[Learning About Changing a Habit by Setting Goals](#)

[From SMART to SMARTIE Objectives](#)



KP Member Specific Resources

[2025 Wellness Guide](#)

[One Pass Select Affinity Program](#)

[Wellness Coaching](#)

[Self-Care Apps](#)

[Community Resource Directory](#)

Members may see articles or information authored from KP partners in other regions, but they should seek care directly from their local care team.



Strategic Planning Resources

[Four Simple Steps to Workforce Well-Being](#)

[Healthy Lifestyle Toolkit](#)

[Mental Fitness Guide](#)

[HERO Scorecard](#)

*All kp.org information is available to view in Spanish or English depending upon user preference

Your feedback is important to us! Scan the QR code or click to complete a [short survey](#) about this newsletter.



Other Resources

[Harnessing the Power of Managers in Your Well-being Strategy](#)

[How We Set and Achieve Goals](#)

[5 Tips to Keep Your Healthy Lifestyle Change Going](#)

To view in browser, [click here](#).

 KAISER PERMANENTE. | Business

National News



Hello valued partner,

Musculoskeletal conditions are driving employer health care costs. 360-degree care improves employee health and mitigates spending.

Today, 75% of employers rank musculoskeletal conditions among the top 2 health conditions driving their costs.¹ [Learn how](#) Kaiser Permanente's personalized, 360-degree care helps employees recover faster — while minimizing costs and time off work.

Protect your workforce from flu and COVID-19 during the holidays

Protect your workforce by encouraging employees to [get vaccinated](#), [order free COVID-19 home antigen tests](#) from the federal government, and practice healthy habits like washing hands and staying home when sick. [Learn more](#).

Monthly Health Topic: Mind, Body, and Spirit

With the busy holiday season upon us, share these informative resources to help your employees reduce stress, maintain mental



health, and care for themselves.

[Download.](#)

Incorporate volunteerism and gratitude at work to support employee mental health

Stress and anxiety have risen in recent years — over 80% of U.S. employees say work stress affects their mental health.² [Read this article](#) to learn how providing volunteer opportunities and sharing gratitude can boost employee well-being and company performance.

Regional News

New care option for members in Monterey County

We're scheduled to open a new Salinas Medical Office in January 2025, which will offer services including primary and specialty care, labs, pharmacy, and radiology, with more services coming soon. The new office will provide you and your employees with convenient, high-quality care in one location. [Learn more.](#)

Discover more

New fitness offering: One Pass Select Affinity™ from Optum

Encourage your employees to embrace healthy lifestyles with One Pass Select Affinity, starting January 1, 2025. They can access 19,000+ gyms, boutique fitness studios, and wellness services. [Learn more.](#)

Workforce well-being toolkit

Download our no-cost toolkit to help build a healthier, more engaged workforce. [Learn more.](#)

1. "2024 Large Employer Health Care Strategy Survey: Executive Summary," Business Group on Health, August 22, 2023.

2. 2023 Workplace Wellness Research, Mental Health America, accessed October 3, 2024.



You are receiving this email because you previously provided your email address to Kaiser Permanente. If you are a government employee and are receiving this email during your employer's blackout period, please wait until this period is over to reach out to Kaiser Permanente or engage with our materials.

Please do not reply to this message. This email message was sent from a notification-only address that cannot accept incoming email.

To remove yourself from this email list, please go to [unsubscribe](#). You may still receive other emails from Kaiser Permanente.

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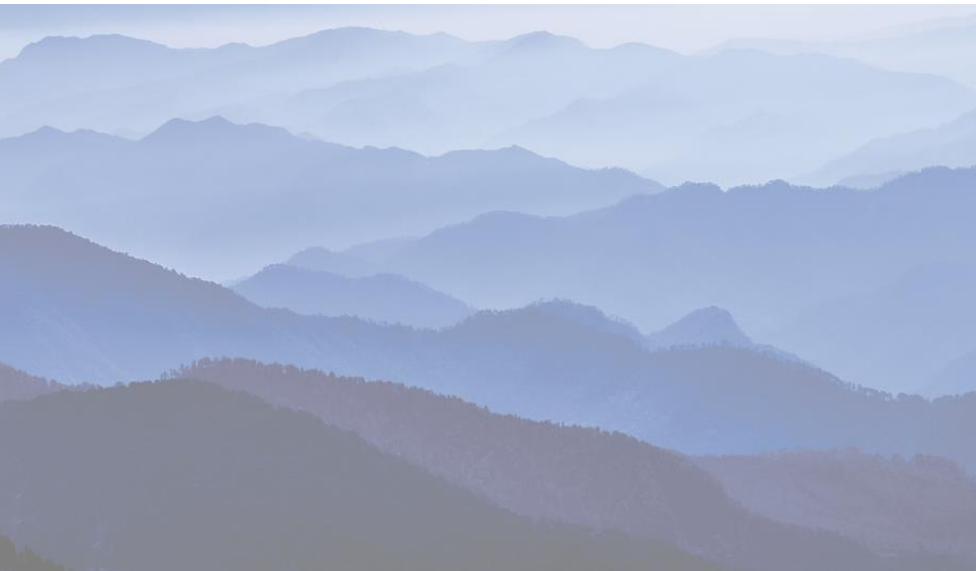
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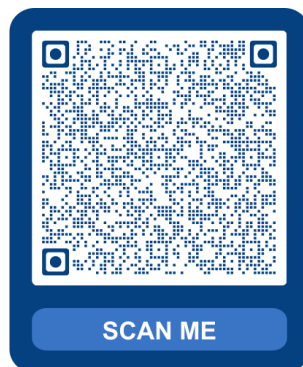


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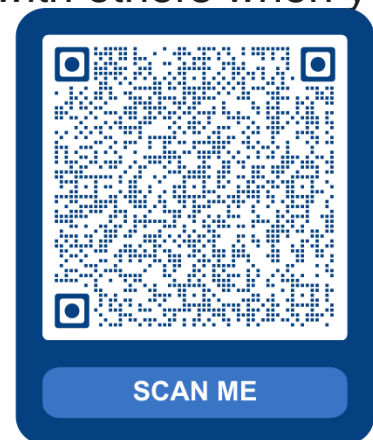
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