

# Nourish 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 – designed to fit seamlessly into your lifestyle.

## 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. 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 apps\*

For stress, sleep, and healthy habits.



Visit [kp.org/choosekp](http://kp.org/choosekp)  
and click "Explore mental health resources" to get started.

## 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 Select Affinity from Optum.\*



### 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.



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and click "See how we help you stay healthy" to get started.

\*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.

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