D11 Elevating Wellness

NewsLetter

January 2025

Message from Benefits Team

We are looking forward to starting some additional wellness activities and would love your feedback. **Please take 5 minutes to complete our survey.**

Also, we want to support you in setting and achieving your wellness goals – and you could also win a $50 gift card! Here's how:

- Register on the Elevate portal if you haven't already. **Register here.**
- Visit the Goal page from the Menu dropdown and click **Set a New Goal** to view your options.
- Goal options range in topics from Emotional, Lifelong Learning, Physical, Financial, and more!
- Complete 1+ goal by **Friday, February 14** and be entered into a drawing for a $50 reward card.
- Winners will be announced on February 18.

Kaiser Permanente Member Corner: RxSS

New Year, New You. Time to use Rx Savings Solutions.

While the new year may come with important plans to eat healthier and exercise more, there's another resolution you should consider making—save money on your prescription drugs.

Here's the good news: Kaiser Permanente can help!

We work with Rx Savings Solutions (RxSS) to offer an online service that helps you find the best price for prescription drugs. **Join the nearly 100 Kaiser Permanente District 11 members who are saving an average of $45 per fill*.**

5 steps to save this January

1.Check if a medication is covered by your pharmacy benefit this year.
2.See what medications will cost this year using your health plan.
3.Search for more affordable alternatives and better prices.
4.Have RxSS work with your doctor to switch to a lower-cost prescription option.
5.Talk with real pharmacy experts at RxSS who understand your health plan and will go out of the way to help you.

Log in or activate your account today at kp.org/rxss to get started.

If you have any questions, contact Rx Savings Solutions at **1-800-268-4476 (TTY 1-800-877-8973)** or email support@rxsavingssolutions.com.

*Based on RxSS analysis of Kaiser Permanente District 11 members who chose a suggested lower-cost prescription option.

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Wellness Topic: Find Your Way to Fitness

Whether you're looking to focus your mind, feel your best, or have more energy throughout the day, improving your fitness is something we can all aspire to. With these helpful tools, tips, and resources, you can create (and maintain) a fitness routine.
Getting started can feel challenging, but even a little bit of exercise goes a long way. With simple changes to your behavior and activity level, you can quickly start to reap the benefits of fitness, including:

• A healthy body with a healthier heart and stronger lungs, bones, muscles, and joints as well as lowered risk of falls, diabetes, high blood pressure, and some cancers. Connect to more resources for health and wellness.
• A healthy mind with reduced symptoms of depression and anxiety. Being fit can also lead to better sleep, better stress management, and a sharper mind.
• A healthy spirit with more energy for work and leisure time with friends and family.

Ready to get moving? Go online for simple ways to get fit, stay healthy, and be at your best.
New for Kaiser Permanente Members in 2025: Whole Health Made Easier.

Get help reaching your health and wellness goals with OnePass from Optum.

Learn more about fitness plans and discounts on wellness services.

Strata Med Updates

View updates and resources at Strata Med, including:

- Find Your Path to Better Health in 2025
- Weight Management "Watch-Outs"
- Introducing Culinary Medicine
- New Location, More Availability

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A NEW WORLD OF WELL AWAITS

Seasonal Health and Wellbeing Resources: OneMedical

Winter Workout Tips: Just because it's colder out this time of year doesn't mean your workout routine needs to fall by the wayside.

Try following these tips to stay warm, safe, and motivated this winter season.

one medical

Benefit Topic – D11 Navigators

Did you know that your out-of-pocket maximum is the most you'll pay for covered services? You have access to view this information on KP.org at Deductible Tracker | Kaiser Permanente