D11 Elevating Wellness

NewsLetter

March 2025

Message from Benefits Team

Benefits Open Enrollment: April 28 - May 9
Watching for more information coming soon!

March challenge: Send in testimonials about your Kaiser, One Medical, and/or Strata experiences and wellness journeys for a chance to win a $50 gift card.

Submit to Employee.Benefits@d11.org by March 31 to be eligible.

Look forward to Spring Into Motion – an online physical activity challenge – to return again this April!

Spring into MOTION

Recipe Highlight

Lemony Linguine with Spring Vegetables

Create a D11 Elevating Wellness account for access to over 200 healthy recipes year round!

Kaiser Permanente Member Corner: Obtain copies of your 1095-B, EOB, and EOC's

March - 2025 Available Resources through KP.org Part 1

Obtain copies of your 1095-B, EOB and EOC's

Did you know you can view and download your 1095-B form, Explanation of Benefits (EOB's), and Evidence of Coverage (EOC) on kp.org?

Here's how:

- Get started by signing into www.kp.org with your username and password.
- On the banner below Kaiser Permanente, select "Records."
- On the drop down under "Managing your Records", select "Review My Documents."
- Once in "Review My Documents," you can view and download documents such as current and past 1095-B, EOB's and EOC's.

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Wellness Topic: Get a head start on healthy eating!

Introducing healthy eating habits now can help you avoid potentially serious health issues down the road. Whether your goal is to feel good, manage your weight, or prevent health problems, Kaiser Permanente is here for you with helpful tips, information, and support.

When you eat better, you feel better. But that's just the beginning. Improved nutrition can help you:

- Feel your best. Healthy eating can give you plenty of energy to tackle the day and help you manage stress.
- Stay ahead of health problems. Eating **5 servings of fresh fruit and vegetables a day** can help lower the risk of death and reduce the risk of heart disease, stroke, cancer, and more.
- Avoid serious complications. Physical conditions like obesity can pose a major risk if serious health conditions arise.

Get a head start on healthy eating. **Go online** to learn more and find simple ways to eat healthier

Strata Med Updates:

Reminder of Your Strata Med Benefits

For those on the buy-up plan, enjoy 20 acupuncture, chiropractic, and medical massage services at a minimal to no co-pay.
Learn more about acupuncture
Learn more about medical massage
Learn more about chiropractic services
Call **719-419-9573** to make your appointment.

Fueling Your Future: Nutrition Plays a Key Role in Preventing Health Issues

We all know that eating well is recommended, but it is sometimes overwhelming and confusing to keep track of all of the diets and recommendations for a healthy diet that continuously change. Dr. Sheila Bee and Dr. Michael Barber, doctors at Strata Med, recently attended the "Healthy Kitchens, Healthy Lives" event at the Culinary Institute of America in Napa Valley to get the latest and greatest guidance from top nutrition experts. Please click here to keep reading and for more resources from Strata Med.

strata
A NEW WORLD OF WELL AWAITS

one medical

Expanding access to care with Saturday availability

We know real life doesn't fit neatly between 9-5, which is why we wanted to let you know that One Medical has expanded their hours and will now be offering Saturday appointments in select locations. 3-4 times a month in a Colorado Springs location, and 1 Saturday a month in a Denver location. Click here for additional information and for the extended hours schedule for the month of March.

RxSS: Want lower prescription drug costs? 3 questions to ask your doctor.

Your healthcare providers know a lot, but most of the time they don't know what prescriptions may end up costing you at the pharmacy. It's not their fault—that's just not how the system usually works.

That's why Kaiser Permanente gives our D11 members access to a service called Rx Savings Solutions (RxSS). RxSS was created and is run by pharmacists who want to help people understand what lower-cost options they have for their medications.

Shelby Luzenske, PharmD, is a clinical pharmacist with RxSS. She has three basic questions you can ask your doctor to help easily find ways to save money on your prescriptions. Please click here to keep reading.