D11 Elevating Wellness

NewsLetter

April 2025

Message from Benefits Team

Spring Into Motion: April 7 - May 2nd! Registration closes April 14th so sign up today!
https://www.d11elevatingwellness.com/welcome
Open Enrollment: April 28 - May 9 in PeopleSoft Self Service
Open Enrollment Fair: May 7 at Tesla Professional Development from 3:30 pm - 6:00 pm

Thank you to all who submitted testimonials for our March Challenge. Gift cards are going in the mail this week!

Spring into MOTION

USI Resources

Please enjoy these fact sheets about sun safety, the health benefits of walking, and staying hydrated compliments of USI.

Recipe Highlight

Sheet-Pan Balsamic-Parmesan Roasted Chickpeas & Vegetables

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

Kaiser Permanente Member Corner: Available Resources through KP.org Part 2

Did you know that on KP.org, you can:
- View Your Benefit Summary
- Track the Progress of your Plan
- Get Medical and Drug Cost Estimates
- Order a new ID Card

This month, we are highlighting how to "Track the Progress of your Plan." Get started by logging into kp.org with your username and password. Once logged in, select "Benefits" below the Kaiser Permanente banner. Once you click on "Benefits," choose "Track the Progress of your Plan."

This area will share the amount paid/applied to your Out of Pocket and allow for you to view progress details.

KAISER PERMANENTE®

Wellness Topic: Seasonal Allergies

IWarmer days and better weather mean more time outside. Getting outdoors has many benefits for your health; however, if you suffer from seasonal allergies, it can also bring on triggers. Learn more about seasonal allergies and ways to avoid triggers with this quick and informational video.

Not sure if your symptoms are allergies or something else? You can receive clinical support for sinus-related issues within 4 hours without leaving your work or home! Complete an e-visit for sinus-related issues by visiting kp.org/getcare and select e-visit. Once you login, choose “Sinus problems” as your symptom and answer the follow-up questions to receive clinical advice.

Strata Med Updates

April is National Stress Awareness Month, and while stress is inevitable, we at Strata Med believe the key is learning to manage it, rather than trying to eliminate it. We take a whole-body approach, addressing stress through our four healthcare pillars: lifestyle medicine, internal medicine, structural medicine, and mindful wellbeing. Don’t forget about your Strata Med benefits and learn about other ways Strata Med practitioners can help you manage stress before it becomes overwhelming. Read on!

strata
A NEW WORLD OF WELL AWAITS

one medical

Nervous about going to the doctor? One Medical and Headspace share 5 ways to relax ahead of your appointment

At One Medical we know that going to the doctor can be nerve-wracking. It can bring up emotions related to bad experiences in the past or a fear of the doctor finding out something is seriously wrong. While it’s perfectly natural to feel anxious about going to the doctor, this often results in missed appointments that are critical to preventive screenings.
Click here to learn more about reducing stress as you prepare for medical appointments.

RxSS: Find prescription drug savings for the whole family

You and anyone covered by your Kaiser Permanente D11 health plan have access to a free service called Rx Savings Solutions (RxSS). You can use RxSS to check prescription drug prices and find more affordable options.

So, here’s the question: Is everyone on your plan using RxSS? If not, take a minute today and invite other adults on your health plan to activate their own RxSS account. Once you’re done, everyone who manages prescriptions in your household will easily know when there’s a lower-cost option available.

Don’t let your family miss a chance to save money on prescriptions. Invite them to get started with RxSS!

How it Works: 4 Simple Steps
Step 1 - Log in or activate your account today at kp.org/rxss
Step 2 - Select anyone on your plan who is over the age of 18 and enter their email address.
Step 3 - You’ll see a confirmation that your invitation has been sent—remind your family members to check their inbox.
Step 4 - Your dependents receive an email with clear directions to activate their RxSS account.

What About Kids?
As the primary account holder, your RxSS account automatically shows prescription drug information—including ways to save money—for any minors covered by your health plan. If you have any questions, contact Rx Savings Solutions at 1-800-268-4476 (TTY 1-800-877-8973) or email support@rxss.com.

Mindful Monday and Wellbeing Wednesday Webinars

Mindful Mondays and Wellbeing Wednesdays are no cost webinars available to all employees, regardless of health coverage. Unable to attend the webinar live? Register to receive the recording so you can watch at a time that is convenient for you!

Stay balanced with Mindful Mondays

Mindful Mondays are monthly, no-cost classes designed to help you combat stress and build resilience.

Guided Meditation for Relaxation

Monday, May 5th; 10-11am MT

Relaxation techniques can help you manage stress and improve your overall health. Learn how to incorporate quick exercises throughout your day, including deep breathing, progressive muscle relaxation, and meditation.

Mindfulness for a Brain Reset

Monday, June 2; 10-11am MT

Feeling mentally fatigued and unable to focus? Learn how mindfulness can help you hit the reset button on your brain for greater resilience, concentration, and productivity.

Register Today!

Stay healthy with Well-being Wednesdays

Well-being Wednesdays are monthly, no cost classes designed to help you build your overall physical and emotional health.

Chronic Conditions

Wednesday, April 23rd; 10-11am MT

Learn how to manage and reduce your risk for high blood pressure, cholesterol, diabetes, and obesity.

The Power of Gratitude

Wednesday, May 28; 10-11am MT

Discover how practicing gratitude can help you relieve stress and increase happiness in your life.

Sleep Awareness

Wednesday, June 18; 10-11am MT

Find out why sleep is important for your physical and mental health and learn tips for getting a good night's sleep.

Register Today!