



KAISER PERMANENTE®

Take Advantage of NO COST Benefits to Help you get and Stay Healthy



Telehealth: **Skip the Trip to the Doctor's Office**

Next time you have a minor health issue, you have many convenient ways to get care when and where it works for you.

Call 1-866-454-8855 or visit kp.org/telehealth



Headspace: **Support for Emotional Wellness**

One-on-one emotional support coaching and self-care activities to help with many common challenges.

Call 1-800-464-4000 or visit kp.org/selfcareapps

Wellness Coaching: **Say Hello to Better Health**



Changing your habits can be hard but working with a wellness coach can help. You'll get one-on-one guidance and support from one dedicated coach.

Call 1-866-862-4295 or visit kp.org/coaching

Calm:

Support for Emotional Wellness



Choose from hundreds of programs and activities including guided meditation, sleep stories, and mindful movement videos.

Call 1-800-464-4000 or visit kp.org/selfcareapps



One Pass Fitness Program: **Meet Your Health Goals**

Enroll in flexible fitness programs starting at \$10/month and work out at multiple gyms where you live, work and travel. Access on-demand videos and live streams, workouts, wellness videos, nutrition tutorials, and more.

Visit healthy.kp.org/health-wellness/fitness-offerings



Away from Home Travel: **Care Options While You're Traveling**

No matter where life takes you, Kaiser Permanente has you covered. If something unexpected happens while you're away from home, it's easier than ever to get care.

Call 1-866-862-4295 or visit kp.org/travel

Employee Assistance Program: **Help With Personal Concerns**



Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues.

Call 1-800-999-7222 or visit anthemEAP.com/SISC

Teladoc:

Expert Medical Opinions



Get answers to health care questions and second opinions from world-leading experts.

Call 1-800-835-2362 or visit teladochealth.com



Talkspace: **Connect With a Therapist**

One-on-one counseling and therapy for all employees and household members over 13 years of age.

Register at talkspace.com/associatecare
organization name = EAP SISC

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Per IRS guidelines, HSA members may not be eligible for these programs.