



NewsLetter



May 2025

Message from Benefits Team

- Spring Into Motion was a huge success!
 - 1,525 people participated in the program
 - 1,314 employees and their family members earned the \$50 incentive by achieving 60+ points during the program. Look for your gift card to come in the mail soon.
- With summer right around the corner, it's a great time to take advantage of chiropractic care, acupuncture, and massage therapy.
- Contracted Providers (KP members access benefit plan information for cost structure):
 - Acupuncture: [Find Doctors and Locations in Colorado | Kaiser Permanente](#)
 - Chiropractic: [Find Doctors and Locations in Colorado | Kaiser Permanente](#)
 - Massage Therapy: [Find Doctors and Locations in Colorado | Kaiser Permanente](#)
- Kaiser Permanente Discounted Providers (KP members receive a discount on services):
 - [Affinity Musculoskeletal Program | Kaiser Permanente](#)

Kaiser Permanente Member Corner: Available Resources through KP.org Part 3 - Get Care Now

Did you know that on KP.org you can view multiple options to obtain immediate care? Here's how!

Go to [kp.org](#) and select "Get Care." Once here, you will see options to include but not limited to:

- Start a video or phone visit with a clinician
- Start an e-visit
- Start a chat
- 24/7 nurse advice by phone
- View mental health resources
- Find urgent care locations
- Find emergency care locations
- Help me find care away from home while traveling



Take Care of YOU this Summer at Strata Med

As the school year comes to an end, shift your focus to recharging and self-care this summer. "Self-care" has become a popular term in recent years, but what does it truly mean to you? While it's deeply personal and unique to everyone, here are three helpful ways to define and shape your own self-care plan.

1. **Commit to consistency without rigidity.** Sometimes we make things harder than they need to be. Try consistency with 5 daily basics (see in the full guide).
2. **Say Yes! to saying No!** An essential part of self-care is setting limits. Make sure you are at the top of your priority list so that you can bring your best to the rest.
3. **Re-consider how you reward yourself.** Have you ever felt sick and exhausted after a night out or weekend away that was supposed to be relaxing and fun? When planning your next celebration, think about what you really want.

The summer is also a great time to take advantage of your Strata 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](#), [medical massage](#), or [chiropractic services](#)

Call 719-419-9573 to make your appointment.

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A NEW WORLD OF WELL AWAITS

Wellness Topic: Mental Health

Everyone's experience with mental health is different – but if you're having a hard time mentally or emotionally, care is available. Mental health and addiction issues are treatable. Get the support you need to live your best life.

- Speak Up: Struggling with your mental health, emotions, or substance use? Or maybe you don't know if you need mental health care, but you don't feel like yourself? Talk to someone. An honest conversation can get you the support you need. You don't have to face challenges alone.
- Get professional support: If you're having a hard time or are worried about someone close to you, talk to your doctor or reach out to your care team. Kaiser Permanente mental health professionals are experienced in treating a wide variety of conditions and can connect you to care.
- Practice self-care: Sleep, diet, and exercise affect your mental and emotional health – and you can access a wide variety of self-care resources to improve them. Explore [support groups](#), [classes](#), [self-care apps](#), and [one-on-one wellness coaching](#) to support your total health.

Visit kp.org/mentalhealth to explore self-care options and get professional support.



11 Essentials for safe and healthy summer travel

Summer is just around the corner. And for many, that means it's time to dig out the luggage, dust off the passport, and soak up the sun with a vacation. But just because you're planning on hitting the road or taking to the skies this summer, doesn't mean you have to let your health slide. Whether you plan on making day trips to the beach or traveling internationally, there are a few things to include on your vacation packing list to prioritize your health and wellness, no matter where you're heading.

[Click here](#)

RxSS: How's your Mental Health?

Almost one in five American adults experience mental illness each year—and fewer than half receive treatment. As we recognize Mental Health Awareness Month this May, know that it's okay not to be okay.

What's not acceptable is that many Americans lack access to mental health services and face high prescription costs for medications to treat their conditions. Mental health conditions such as depression, anxiety, and other mood disorders are often neglected in public health programs.

Kaiser Permanente doesn't want the cost of prescription drugs to prevent you or your family members from getting the treatment you deserve. That's why Rx Savings Solutions (RxSS) helps D11 members find the most affordable options available to them. Here's just one real-life example:

- A 32-year-old RxSS member with bipolar disorder was paying nearly \$450 for a 30-day supply of a brand-name medication.
- She received a savings alert from RxSS informing her of a clinically effective alternative that would only cost her \$5 per fill.
- With one click from her RxSS account, she was able to get her doctor's approval for the new prescription and it was ready by her next fill.
- It was that simple and resulted in this member seeing annualized savings of more than \$5,000.

As a Kaiser Permanente D11 member, you are not alone. We're here to give you access to resources like RxSS that can help. Even if you're worried about changing your current prescription, RxSS will work with you to contact your healthcare provider and make sure the switch is right for you.

Log in or activate your account today at kp.org/rxss to see all the options you have for prescriptions.

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

Summer Resources

Here are some resources to support your health and well-being over the summer!

Preventive Care:

Summer is a great time to schedule your preventive care appointments. [Click here](#) to learn more about your preventive care needs based on your age, gender, and health history.

Optum OnePass Select Affinity:

From strength training and swimming to yoga classes and grocery delivery, you can get what you need for whole-body health.

One Pass Select Affinity includes:

- Access to gyms and fitness locations nationwide
- Live, digital fitness classes and on-demand workouts
- Personalized workout builders to try new exercises
- Grocery and home essentials delivery to make healthy eating easy

Visit kp.org/exercise to get started (Note: When prompted, choose "OnePass Select Affinity NOT the Employer fitness benefit").

Mindful Mondays and Wellbeing Wednesday Webinars:

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!](#)

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.

[Register Today!](#)

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!](#)