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.