



Workforce Health Updates

April 2026

Summary

This update is designed to help you strengthen employee your well-being programming and communications to build a healthier, more engaged workforce.

- Webinars
- Programs & Monthly Health Topics
- Additional Resources & Updates



Webinars

Health Views for Business Webinar Series

Join us for a series of thought-provoking conversations with physicians, experts, and forward-thinking leaders. Gain valuable insights and stay informed on the latest trends and strategies in workforce health, ensuring your business thrives in today's dynamic environment.

On-Demand Topics:

- [Gen X to Gen Z: Smarter Prevention Strategies for Every Generation](#)
- [Reimagining Health Care: AI Meetings Value-Based Care](#)
- [Leading Through Crisis and Change: Supporting Employee Mental Health](#)
- [Weighing in on GLP-1s: Essential Strategies for Workforce Wellness](#)



Subscribe and don't miss out on the next engaging conversation

Webinar - Gen X to Gen Z: Smarter Prevention Strategies for Every Generation

Key takeaways

- How generational differences shape prevention
- Personalized prevention helps reduce high-cost conditions
- Thoughtful benefit design can improve care across generations

View recording [here](#)



2026 Q2 | No Cost Wellness Webinars | Available to All Employees

APRIL

May

June

April 6th: Meditation and Breathing for Better Health
[REGISTER HERE](#)

April 22nd: Benefits of Moving in Nature
[REGISTER HERE](#)

May 4: Guided Meditation for Relaxation
[REGISTER HERE](#)

May 20: Digital Detox
[REGISTER HERE](#)

June 1: Mindfulness for a Brain Reset
[REGISTER HERE](#)

June 17: Boost Your Brain Power
[REGISTER HERE](#)

April 20th: Cultivating Compassion
[REGISTER HERE](#)

April 23rd: Wellness Unfiltered. Hype or Health?
[REGISTER HERE](#)

May 18: Connecting with Creativity to Improve Your Mental Wellbeing
[REGISTER HERE](#)

May 28: Glow up. Secrets to Radiant Skin, Lush Hair & Cosmetic Confidence
[REGISTER HERE](#)

June 15: Anti-inflammatory Lifestyle for a Healthy Body & Brain
[REGISTER HERE](#)

June 23: Reproductive Health for Women
[REGISTER HERE](#)

Unable to join the live session? Register to receive an automatic email with the session recording. Viewers may watch the recording in Spanish subtitles via closed captioning. **See flyers under “Additional Resources”.**

Programs & Resources

Workforce Health Email Campaign

April: Stress Management

Nearly half of workers report feeling constantly stressed, and unmanaged stress can lead to high turnover, higher health care costs, and lower engagement. Share these resources with employees to help them build resilience, improve well-being, and stay productive at work.



Strategic Planning Resources

- [Mental fitness guide](#)
- [On-demand webinar: From Hustle to Harmony: Creating work culture strategies for battling burnout](#)

Resources for all employees

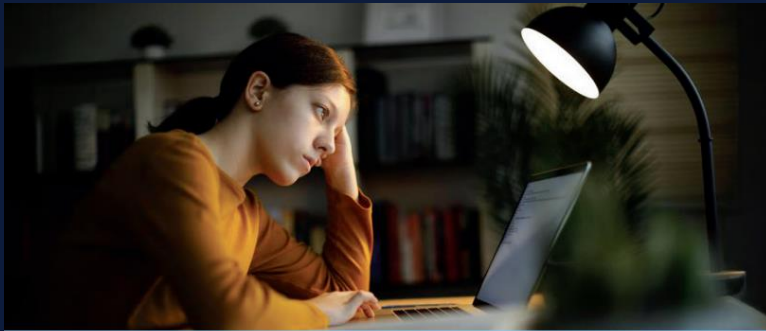
- [Stress management tips and tools \(kp.org\)](#)
- [Monthly health topic flyer: Stress Management](#)

Resources for KP members

- [Wellness coaching by phone](#)
- [Calm and Headspace self-care apps](#)

Monthly Health Topics

April: Stress Management



Healthy ways to handle stress

Stress is part of life. Even life's successes – getting a new place, having a child, landing that promotion – can be overwhelming. Protect your mental and physical health by learning healthy ways to cope, including asking for help when you need it.

Take a moment

When you feel overwhelmed, take a moment. Breathe in for a count of 5, hold for 5, and exhale for 5. Have more time? Put on a favorite song, take a break, or do something that makes you laugh.

Walk away from stress

Being active relaxes your muscles and makes you feel less stressed. So take a walk, do yoga, or sweat it out in a pick-up game. Exercise also helps you sleep, increasing your resilience throughout the day.

Connect with others

Frequently feeling stressed can damage your physical and mental health. To live your best life, make time to connect with those close to you, talk about how you feel, and reach out for support when you need it.

Visit kp.org/stressmanagement for more tips and tools for managing stress.

May: Stress Mental Health and Wellness



Mental health and wellness

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,¹ self-care apps,² and one-on-one wellness coaching to support your total health.

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

June: Brain Health



Stay sharp – your brain health matters

Your mind and body are connected. When you're good to your body, your brain also benefits. Physical, emotional, and mental health all work together to support brain health and keep your mind sharp. Here are some tips to help you care for your brain every day.

Get moving

Regular exercise can help your brain make new cells and may lower the risk of Alzheimer's disease and other memory problems.¹ Try walking or jogging for 30 minutes a day. You can also add strength training for better coordination and memory² and yoga or stretching to reduce stress and enhance focus.

Feed your brain

What you eat can affect how well you think and feel.³ Choose whole grains, leafy greens, and berries to get healthy nutrients. Lean proteins, like fish and nuts, add brain-boosting omega-3s. Cutting back on sugar and highly processed foods can also help you think more clearly.

Give your brain a break

Good sleep is key to memory, learning, and focus. During sleep, your brain processes information, repairs cells, and strengthens connections.⁴ So try to aim for 7 to 9 hours of uninterrupted sleep. For better sleep, follow a bedtime routine with relaxation techniques like deep breathing exercises and gentle stretching. Limit your screen time before bed because the blue light can make it harder to fall asleep.

Your brain is your body's command center. Take care of it today for a healthier tomorrow. Learn more at kp.org/brainhealth.

Explore tips and tools to help support your employees' [stress management](https://kp.org/stressmanagement)

For more guidance on how to support mental health in the workplace, explore our [mental health and wellness page](https://kp.org/mentalhealth).

Learn more at kp.org/brainhealth, the [Alzheimer's Association](https://www.alz.org/), and other health organizations.

April is National Volunteer Month

— your chance to make a real difference in the communities we serve and turn purpose into action together.

Read [article](#) on “Volunteering and gratitude: Ways to support employee mental health”

Explore our Social Well-Being Fact Sheet [here](#)

Proactively addressing mental health — with results you can measure

MEMBERS ARE

5x

as likely to be screened for
depression

NEARLY

2x

as likely to
respond to
treatment

KP Mental Health Resources

For employers:

- [Mental Health Fitness Guide](#)
- [Recognize and address the early signs of employee burnout](#)
- [Mental Health and Addiction Care](#)
- [Mental Health Awareness Training](#)

For employees:

- [Access to mental health and wellness support](#)
- [Self-care and wellness resources](#)
- [No-cost self-care apps](#)

MAY 2026 - Mental Health Tips

SUN	MON	TUE	WED	THU	FRI	SAT
				1	1 Start the month by rating your current mental health on a scale of 1-10.	2 Schedule time every week this month to do something fun.
3 Journal prompt: Describe you as your favorite version of yourself.	4 Take a few calming breaths each morning this week before work to center yourself.	5 Own your focus. Turn off phone notifications or limit to only urgent ones.	6 Perform a random act of kindness today.	7 Thrive Thursday! Go for a walk with a co-worker, in person or over the phone.	8 Make a list of 10 things you are grateful for in your life.	9 Call/visit a friend or family member you haven't spoken to in a while.
10 Journal prompt: What are healthy vs. unhealthy ways you release stress?	11 Do a social media cleanse this week or limit to 5-10 minutes a day.	12 Explore a self care app and try a meditation.	13 Doodle, draw, or color instead of reaching for your phone.	14 Thrive Thursday! Do something to get your heart rate up for 30 minutes today.	15 TGIF! Relax with a soothing bath or hot shower.	16 Get a house plant. Exposure to plants can boost your mood.
17 Journal prompt: List the people and activities in your life that bring you joy.	18 Notice today how your food choices affect your mood and vice versa.	19 Check in with a co-worker to see how they are doing.	20 Listen to uplifting music instead of the news or talk radio today.	21 Thrive Thursday! Try a mind-body activity such as yoga or tai-chi.	22 Watch a TV show or movie that makes you feel good.	23 Get outside! Soak in the sights and sounds of nature this weekend.
24 Journal prompt: Which activities from the month have been the most helpful?	25 Prioritize sleep this week. Charge your phone in another room at night.	26 Notice your thoughts today and challenge negative thinking.	27 Reach out to an old friend just to say hi.	28 Thrive Thursday! Use your break time to do some gentle stretching.	29 Spend a mindful moment outside.	30 Look back on your rating from the 1st and reflect on your progress.
31 At the end of the day reflect on something that went well.						



On-demand wellness tools put better health within reach

Members can use our mental health and wellness self-care apps anytime, anywhere at no cost.¹

Over 80% of Kaiser Permanente members have found these tools helpful.²



Calm

The number one app for meditation and sleep

is designed to help lower stress, reduce anxiety, and build resilience.



Headspace

Connect with an emotional support coach by text, explore self-care activities, and more — available 24/7.

No cost to members

All devices

Self-care and wellness resources

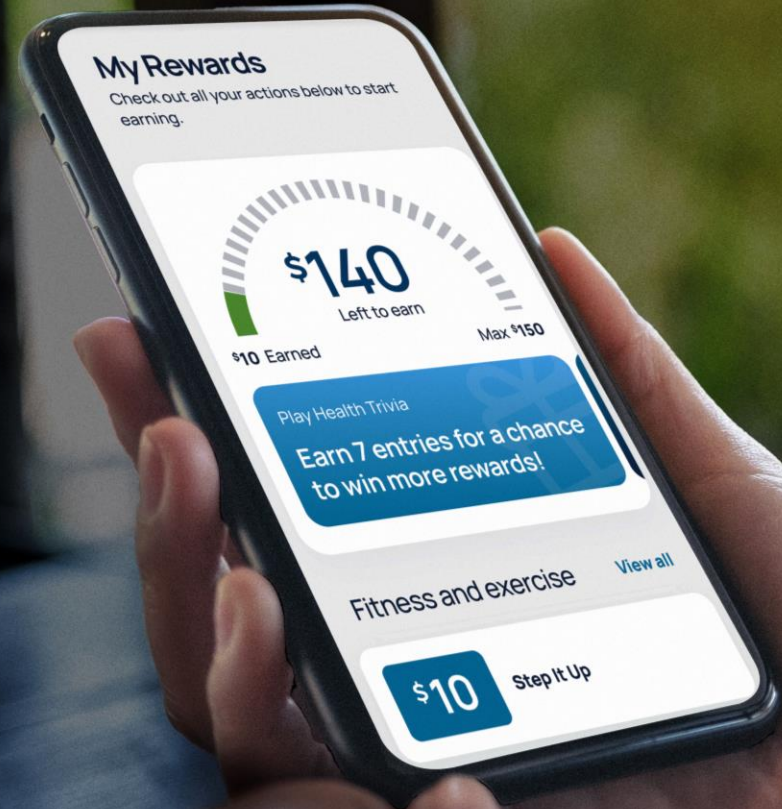
Kaiser Permanente rewards

Help build healthy habits for every lifestyle.

DRIVE BETTER HEALTH

- ✓ Wide range of lifestyle-focused activities
- ✓ Members can earn up to \$150 annually
- ✓ Built into members' care and coverage

Visit kp.org/rewards to learn more.



Additional Resources & Updates

Upstream support for social health

Good health requires more than just health care. When you think about health, you might think of doctor visits and medicine.

But what about access to healthy food? Or a safe place to live? For total health, you need to be able to meet your daily needs.

Kaiser Permanente is committed to helping our members and communities find solutions to support unmet social needs.



Here for your total health

Find community resources near you

If you ever need help with your daily needs, it's good to know where you can turn. The Kaiser Permanente Community Support Hub™ includes a community resource directory as a convenient online tool to help you find services for healthy food, housing, child care, financial assistance, transportation, and more.

 Food  Housing  Child care  Financial assistance

To get started, visit kp.org/communityresources or scan the QR code.



To speak to a resource specialist, call **1-800-443-6328 (TTY 711)**, Monday through Friday, 8 a.m. to 5 p.m.

You deserve to thrive in mind, body, and spirit. The Kaiser Permanente Community Support Hub™ brings you closer to what you need to live well and thrive.

The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

Learn more at kp.org/communityresources



152985109 November 2024



Activate Your Healthy Mind-Body 2026 Webinar Series

Audience: All employees, whether Kaiser members or not.

These sessions are designed to equip participants with useful tips, meaningful insights, and clear steps for improving health across various topics.

All webinars will be held from Noon to 1 PM Pacific Time.

[Register here!](#)

Download flyer [here](#)

Activate Your Healthy Mind— Healthy Body

Kaiser Permanente is offering no-cost webinars for employers and their employees throughout 2026.



Join us for an exciting and informative journey towards well-being with our no-cost webinar series. Each session is designed to provide you with valuable insights, practical tips, and actionable steps on a variety of health topics. Explore the topics below and choose the sessions that interest you—or join them all for the full experience!

All webinars will be held from Noon to 1 PM Pacific Time.

Workday Warrior: Desk Strengthen & Stretch
Monday, January 26, 2026

Love Your Heart
Monday, February 16, 2026

Celebrate You: Body Positivity for Every Body
Monday, March 16, 2026

Cultivating Compassion
Monday, April 20, 2026

Connecting with Creativity to Improve Your Mental Wellbeing
Monday, May 18, 2026

Anti-Inflammatory Lifestyle for a Healthy Body & Brain
Monday, June 15, 2026

Snack Attack!
Monday, July 20, 2026

Back to School, Back to Basics
Monday, August 17, 2026

Functional Fitness: Active at Every Age
Monday, September 21, 2026

Care for the Caregiver
Monday, October 19, 2026

The Healthy Holiday Mix: Sleep, Exercise, Love & Food
Monday, November 16, 2026

Cozy Up: Discover the Magic of Hygge
Monday, December 14, 2026



REGISTER TODAY

Mindful Mondays Webinars

Audience: All employees, whether Kaiser members or not.

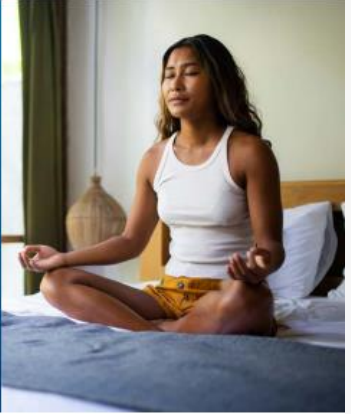
Mindful Mondays are monthly, no-cost webinars that offer a variety of guided experiences designed to promote inner peace, emotional balance, and overall well-being. Each session explores different mindfulness techniques – from breathwork and meditation to gratitude and journaling. These sessions invite participants to slow down and tune in to the present moment to calm the mind, combat stress, and build resilience.

Register for Mindful Mondays [here](#)

Download flyer [here](#)

Stay balanced with Mindful Mondays

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



Meditation and Breathing for Better Health

Say goodbye to burnout and hello to a renewed sense of vitality and joy. Unlock the power of meditation and breathwork to improve your health and well-being.

Guided Meditation for Relaxation

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

Mindfulness for a Brain Reset

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


Meditation and Breathing for Better Health	Guided Meditation for Relaxation	Mindfulness for a Brain Reset
Monday, April 6	Monday, May 4	Monday, June 1

All sessions occur at 12-1 p.m. ET | 10-11 a.m. MT | 9-10 a.m. PT
Spanish closed captioning is only available during the on-demand recording.

REGISTER TODAY

k-p.li/4rcZtf4

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc.
4000 Garden City Drive, Hyattsville, MD 20785. 2026WF0108 MAS 3/1/26-12/31/27



Well-being Wednesdays Webinars

Audience: All employees, whether Kaiser members or not.

Well-Being Wednesdays are monthly, no-cost webinars that focus on practical strategies to support physical, mental, and emotional well-being. Each session explores a different wellness topic – from fitness and nutrition to preventive health and chronic condition management. These sessions empower participants with knowledge and tools to build healthy habits and improve overall well-being.

Register for Well-being Wednesdays [here](#)

Download flyer [here](#)



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.

Benefits of Moving in Nature

Review the physical and mental benefits of getting outside and share ways to immerse yourself and exercise in nature.

Digital Detox

Explore the impact of digital devices on health and learn tips for unplugging to rejuvenate the body and mind.

Boost Your Brain Power

Learn daily habits and activities to exercise your mind and improve your brain health at any age.

Benefits of Moving
in Nature

Wednesday, April 22

Digital Detox

Wednesday, May 20

Boost Your
Brain Power

Wednesday, June 17

All sessions occur at 12-1 p.m. ET | 10-11 a.m. MT | 9-10 a.m. PT

Spanish closed captioning is only available during the on-demand recording.

REGISTER TODAY

kp.li/49jXiQC



Kaiser Permanente's 2026 Monthly Health Talks

Audience: All employees, whether Kaiser members or not.

Presenters: Kaiser Permanente providers who are experts in their fields.

Goal: Improving the health of our members and the communities we serve.

- Free webinars
- Rotating monthly topics

Flyers, registration and recordings www.kp.org/healthtalks

[Link to 2026 flyer here](#)

Kaiser Permanente Health Talks



Kaiser Permanente is dedicated to providing high-quality, affordable health care services and improving the health of our members and the communities we serve.

That's why we're bringing our providers to you through a series of virtual health talks. The health talks include a presentation by providers who are experts in their field followed by Q&A. These events are free.

Separate registrations will be available for each talk; check back on our website for details*.

* Flyers, Registration and Recordings can be found at:

<http://www.kp.org/healthtalks>



MONTHLY, THURSDAYS
JANUARY - OCTOBER
12:30 - 1:30 PM (PST)

2026 TOPICS

January 22, 2026
Ergo Hacks for Your Neck,
Shoulders & Wrists

February 26, 2026
Be Heart Smart:
Millennials to Baby Boomers

March 19, 2026
Thrive Kids:
Your Parenting Game Plan

April 23, 2026
Wellness Unfiltered.
Hype or Health?

May 28, 2026
Glow Up: Secrets to Radiant
Skin, Lush Hair & Cosmetic
Confidence

June 25, 2026
Reproductive Health for
Women

July 23, 2026
Self-Care Across Your
Lifespan

August 27, 2026
Back-To-School Tips & Tools

September 24, 2026
Power of Social Connections

October 22, 2026
Revolutionizing Healthcare
with Kaiser Permanente

Thriving Schools

- **RISE UP** – professional development workshop that focuses on the well-being of adults in the school environments. Districts in our markets can request a no-cost workshop using the [registration form](#).
- Apply now for this year's [America's Healthiest School Awards](#). Application is open through April 14.
- Read our latest blog posts [here](#).

Now Accepting Award Applications!



 **AMERICA'S HEALTHIEST SCHOOLS**
Cultivating Staff Well-Being

 KAISER PERMANENTE®

