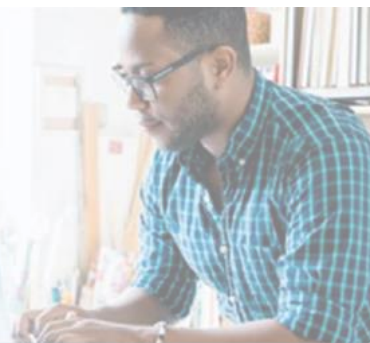


# Kaiser Permanente Resources

## To help you thrive and feel your best



### Emotional Well-Being Apps

Calm and myStrength can help you build resilience, set goals, and take meaningful steps toward becoming healthier and happier. Choose the areas you want to focus on – including managing depression, reducing stress, improving sleep, and more. Available at no cost.

[kp.org/selfcareapps](https://kp.org/selfcareapps)



### ClassPass

ClassPass can help you get to your health place with over 4,000 online fitness classes — including cardio, dance, meditation, bootcamp, and more — for \$0/month. There's also discounted livestream classes for real-time interaction.

[kp.org/exercise](https://kp.org/exercise)

### Additional Resources

**Health encyclopedia**  
[kp.org/health](https://kp.org/health)

**Guided meditations**  
[kp.org/podcasts](https://kp.org/podcasts)

**Healthy recipes**  
[kp.org/foodforhealth](https://kp.org/foodforhealth)

**Eat well, be active, live better**  
[kp.org/mydoctor/healthyweight](https://kp.org/mydoctor/healthyweight)

### Total Health Assessment

Every journey starts with a single step — even the journey to better health. But before you can begin, you first need to know where you are. This is where our Total Health Assessment can help.

[kp.org/THA](https://kp.org/THA)

### Wellness Coaching by Phone

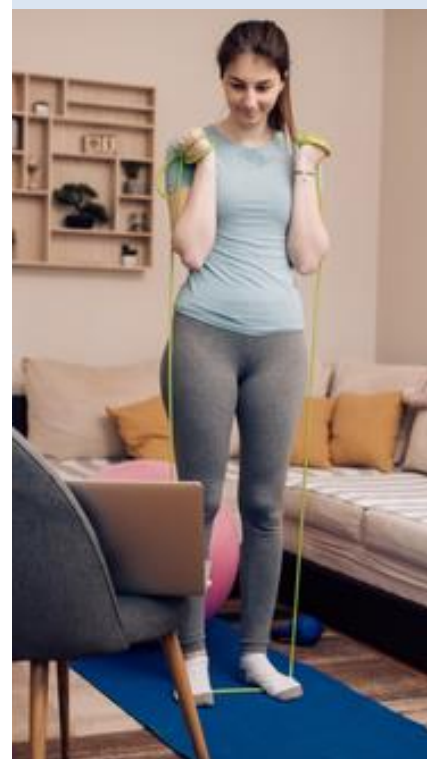
Speak with a Wellness Coach one-on-one to get personalized support and achieve your health goals. Available at no cost.

[kp.org/wellnesscoaching](https://kp.org/wellnesscoaching)

### ChooseHealthy Member Discounts

Enjoy reduced rates on a variety of fitness, health, and wellness products.

[kp.org/choosehealthy](https://kp.org/choosehealthy)



Learn more at [kp.org](https://kp.org)