

A HEALTH AND RESOURCE GUIDE

Your road to wellness starts here



What exactly is Kaiser Permanente's road to "total wellness"?



FIRST, WE SALUTE YOU AND WANT TO GIVE YOU A PAIR OF THANK YOUS:

Thank you for your service to and sacrifice for our country.

Thank you for spending your valuable time learning more about how to live a healthy, thriving life.

Wellness, defined. What's the difference between Kaiser Permanente's total wellness and other approaches to health care, diet, and exercise? For starters, total wellness is a holistic, easily accessible, multi-faceted approach to health. Other more traditional routes might include getting an annual physical, calling the doctor when feeling ill, and falling in and out of eating healthier and exercising.

With our focus on total wellness, we assist you on your journey to a healthy lifestyle that can lead to feeling better and staying healthier. And by supporting you in making small changes now, we might even be able to help you avoid serious health issues in the future.

Kaiser Permanente and you. Whether you are active duty now, retired or a military family member, you know and we know the key to resilience is a strong mind, strong body and strong will. That's why our wellness programs are designed for just that and the goal of this book is to help you understand the total health and wellness resources available here at Kaiser Permanente. In the pages that follow, you'll explore information, resources and tools to maintain and even improve your health. Truly a wealth of resources that can assist you in your quest for a long, healthy, thriving life.

Take a look at the illustration on the next page. This represents the various programs, products and services that make up our complete total wellness package. Including

- Health information you can access on demand.
- A variety of health and fitness programs.
- Thoughtful, easily-accessible resources for mental wellness health.
- And, a growing collection of ideas around healthy living.

We will also touch on a unique model of connected care that smooths the way for faster access to healthcare resources — with less need for referrals.

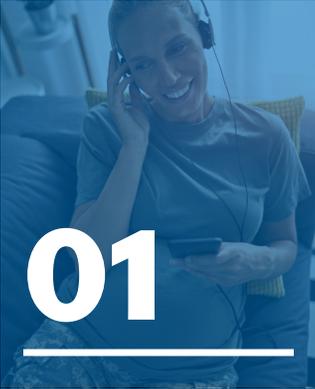
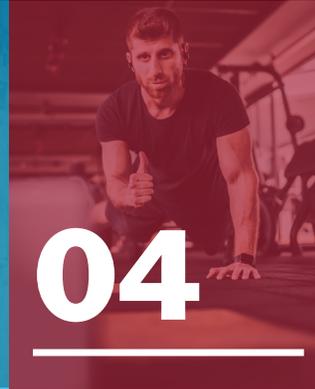
Off we go. Whether you are new to our programs — or already a Kaiser Permanente member — there is something here for you.

We hope you'll review the whole book to discover the best ways to create a wellness plan that fits you and your family. Or simply scan through the Table of Contents, and jump straight to a topic of interest.

We're excited to get you started on your wellness journey. Our goal is to be your go-to source for information and ideas about everything related to health and health care. And remember: reach out to us with any questions or comments. You'll find direct links and readily available contact information throughout the book.

So, let's get started.

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HEALTH EDUCATION

Exploring healthier living can be a real education.

If you want to learn more about what makes a body and mind function at their best, take a look at our complete Health Education resources.

Enjoy free access to:

- **A series of audio meditations geared toward health and wellness:** Visit the [“all podcasts”](#) section in “health and wellness” on kp.org
- **Extensive online tools:** You can also go to [“health and wellness”](#) on kp.org to find options that include health guides covering topics like *Depression, Heart health, Pain management, Women’s health* and more. We even have an online symptom checker. Plus, health and drug encyclopedias and a database of natural, holistic alternatives to prescription medications.
- **Tons of online classes and videos:** Find live virtual classes and on-demand fitness videos led by industry experts at [kp.org/classes/ga](#) to help guide you on topics like healthy eating, sleep, and weight management.
- **Lots of helpful, informative articles:** In the [“Thrive Together”](#) section of the kp.org website you’ll find guidance on staying active, suggestions for learning how to relax, and options for improving your mental health and well-being. You will also find tips on how to choose the best foods for mood balance, workouts that support mental health, and coping strategies to manage anxiety. You’ll even find strategies to incorporate the power of positive affirmations into your daily life.

In addition, as a Kaiser Permanente member, you can enjoy even more Health Education and motivational resources such as:

- **Well Traveled:** A brand new, competitive online program that helps our members stay focused and motivated on the path to better health. Record physical activity, enjoy free online classes, and more – earning points and pins as you go. You can even create a team of “travel companions” to add to the fun.
- **Total Health Assessment:** After answering some quick questions about health, daily habits and medical history, members receive a personalized health profile on the spot. This profile provides insights into overall health – including tips on how to improve it. Visit [kp.org/tha](#) for this helpful, free online tool.
- **Healthy Lifestyle Programs:** Online programs help our members eat healthy, lose weight, quit smoking, manage stress, sleep better, and more. Visit [kp.org/healthylifestyles](#).
- **Wellness Coaching:** Consults available by phone at no cost for our members. 1:1 guidance and support from a dedicated coach and no referral is required. Sessions are based on readiness to make a change and help our members to set goals, stick to them and see results!
- **Support Groups and Social Support:** Need a little bit of encouragement to help you stay on the path to a healthier life or struggling with your recovery? Our member-led support groups provide a safe space for group members to help each other through challenging times. [Click here](#) to learn more.

In addition to all of the online and in-person wellness resources, you have access to some surprising benefits and ideas for creative living. From wholesome recipes...to the ABCs of gardening with kids... to healthy eating during cold and flu season and as you manage the stress of the holidays...we're with you every step of the way.

Wellness around the kitchen table. One of the best ways to promote health and wellness in your family is to focus on food preparation and nutrition. We believe eating healthy can be both easy and delicious. On our [Food for Health](#) page you'll discover recipes for meals that are truly good enough to eat! You'll also find fun food related activities for you and your kids and other useful tips and information.

Wellness throughout the holidays — and beyond. Holidays are meant to be full of joy. But they can also be full of stress. While it's great to share special meals with your family, the holidays can also lead to over-indulgence and emotional eating. Plus, family gatherings can spread more than good cheer. They can also spread viruses and other illnesses. So, our gift to you is ideas that will help you be intentional with your eating when the pressure is on. [Find out more here](#), and enjoy.

Wellness in the community. Because we know how important you and your loved one's service to our country is, we want to give back and help military families be healthy and have fun. So, we're excited to offer you a free admission day as an annual sponsor of Veteran's Day at Zoo Atlanta. We also host free monthly events like virtual cooking classes with professional chefs and Health and Wellness Lunch and Learns. We even have health fairs you can drive-thru. For more information on current events [click here](#).

Wellness round table. Would you like to work alongside Kaiser Permanente team members to promote and improve military family readiness and resiliency? We welcome our Kaiser Permanente members to join our Member Advisory Council anytime. Hearing from you directly helps us help you. If you are currently a Kaiser Permanente member and would like to learn more, please contact Terrill McFarland, Deputy Director of Military Health Programs at Terrill.D.McFarland@kp.org.

HEALTH & WELLNESS RESOURCES

Health & Wellness for Every Season.

MENTAL HEALTH AND WELLNESS

Supportive resources
available when needed.

Our Wellness programs are all about having a healthy body – and a healthy mind. But for many of us it's easier to talk about our physical aches and pains, but not always easy to admit we are feeling overly stressed, anxious, depressed or dependent on a substance to help us cope.

In the fight to achieve better mental health, often the greatest weapon is the truth. So, let's begin by revealing some common myths about mental health – and replace those myths with the facts.

Myth: People with mental health conditions don't get better.

Fact: Treatment works for more than 80% of people who get help for depression, and as many as 90% of people who get help for panic attacks.*

Myth: People with mental health conditions are just weak.

Fact: Anyone can have mental health issues. There's no single cause – and it's no one's fault.

Myth: If I get treatment, my employer will find out.

Fact: Your medical records are private. You can't lose your job or your health care coverage because you get treatment for your mental health, or an addiction.

Myth: If I get treatment, I'll have to take medication.

Fact: There are many kinds of treatment. Some of these treatments involve medication. Others don't. Medication is often used in combination with other kinds of treatment, such as counseling or self-care.

Think you might be depressed? If so, it's easy to find out. Take this quick depression [self-assessment here](#) (for adults 18 and older). Nine simple questions – and it only takes a minute or two. No personal information is required and your answers won't be shared or saved.

Don't wait to seek help. Our [findyourwords.org](#) support center can help you start a conversation or get support for yourself or someone you care about today.

Additional Member Mental Wellness Resources

Our Kaiser Permanente members also have access to a handy, thoughtful variety of self-care tools, tips and healthy activities, including:

- Valuable self-assessment tools to help you manage stress, see if you are too dependent on alcohol, and find out if you might benefit from seeking support for depression.
- Comprehensive addiction and recovery support.
- Individual therapy, psychiatry, group counseling, health classes.
- Downloadable apps to encourage a healthier state of mind. Sleep better, boost your mood, enhance parenting skills, and enrich your relationships. Like these:
 - [myStrength App](#): A personalized program that helps boost your awareness and change behaviors.
 - [Calm App](#): The number one app for meditation and sleep so you can lower your stress and relieve anxiety.

*Source: Mental Health America

WELLNESS INCENTIVES

Discover the true rewards of wellness.

At Kaiser Permanente, our military plan members can receive cash rewards. And we don't make you jump through hoops to qualify. Just complete a Total Health Assessment and some biometric screenings and you can use your cash reward to pay for qualifying medical expenses, including:

- Cost-sharing expenses, such as copays
- Costs for dental care
- Prescription eyeglasses or contact lenses
- Additional IRS-qualified medical expenses

And there's more—all kinds of discounts and free resources are available to Kaiser Permanente members.

- Up to 25% off on complementary and alternative care services ranging from acupuncture, to chiropractic care, to massage.
- Discounts on popular health and fitness products. Including wearables, activewear, and fitness equipment.
- Access to gyms across metro Atlanta (and over 10,000 nationwide) for just \$25 a month, plus a \$25 initiation fee. Offered through the ActiveFit Direct program.
- Class Pass: Free, unlimited on-demand video workouts and reduced rates for live streaming and in-person classes.

We are so excited to introduce BurnAlong. Now, whether you are a Kaiser Permanente member or not, you get FREE access to hundreds of hard-core virtual workouts and online classes. Up to five family members or friends can join, have fun and hold each other accountable. [Just login here.](#)

Learn more about rewards and discounts [by clicking here.](#)

Our Kaiser Permanente members also have exclusive access to our unique and convenient approach to connected care.

Here's how:

- Doctors are connected through a personalized electronic medical record. That means they can consult with each other without the need for referrals.
- View lab results on kp.org as soon as they are available.
- Message your doctor and make appointments online.
- Streamline the entire process – from diagnosis through treatment.

Receive quality care that's convenient – and coordinated.

Exclusively for Kaiser Permanente members.

If you want to better understand how Kaiser Permanente coordinated care works, watch this short video.



CONNECTED CARE

The connection between you and better care.

INVITATION TO THRIVE!

Destination Wellness.

Our goal is simple yet bold: We want to be your single destination for total health and well-being. We welcome everyone in the military community. Think of this information as a doorway to a life of ever-expanding wellness. This is your invitation to Thrive!

To access information about our [Wellness Programs](#) [click here](#).

If you are not yet a Kaiser Permanente member and would like to learn more, visit kp.org/TRICARE or call Terrill McFarland, Deputy Director of Military Health at 1-770-864-0262 or email at Terrill.D.McFarland@kp.org.

For detailed information about our Rewards Program and other exclusive benefits, Kaiser Permanente members can visit: <https://military-health.kaiserpermanente.org/member/>.

