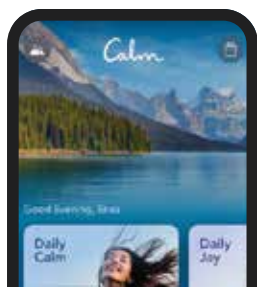


# Support for emotional wellness

Try our on-demand self-care apps today at no additional cost

Get help with anxiety, stress, sleep, mood, and more. Anytime you need it.

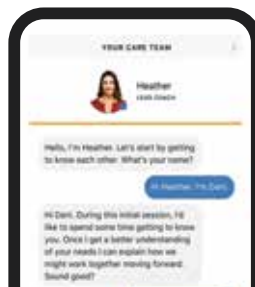
Kaiser Permanente members can explore 3 evidence-based apps:<sup>1,2,3</sup>



Calm

The #1 app for meditation and sleep. You can choose from hundreds of programs and activities, including:

- Guided meditations
- Sleep Stories
- Mindful movement videos



ginger

1-on-1 emotional support coaching and self-care activities to help with many common challenges.

- Coaches are available by text 24/7
- You can use Ginger's text-based coaching services at no cost, no referral needed<sup>4,5</sup>



myStrength<sup>®</sup>  
by Teladoc Health

Personalized programs designed to help you:

- Set mental health goals
- Learn coping skills
- Track your progress over time
- Make positive changes



Visit [kp.org/selfcareapps](https://kp.org/selfcareapps) to get started

1. The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time.
  2. The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are made available to enrollees and family members who become members of Kaiser Permanente.
  3. Calm and myStrength can be used by members 13 and over. The Ginger app and services are not available to any members under 18 years old.
  4. Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Ginger app and services.
  5. Eligible Kaiser Permanente members can text with a coach using the Ginger app for 90 days per year. After the 90 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost.
- Calm, Ginger, and myStrength are not available to Kaiser Permanente Dental-only members.

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



# Making mental health care access easier, faster, and on your terms

We're pushing the boundaries of care so it's more within reach – the way you deserve it.

## Easier



### More facilities

\$700+ million toward new mental health facilities and providers over the next 7 years



### More therapists

30% more mental health therapists since 2015



### More control

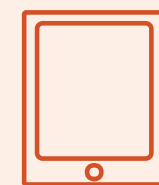
Your doctor, your choice – 0 referrals needed for mental health care with Kaiser Permanente

## Faster



### Psychiatry by phone and video

Leading to earlier assessments and faster access to care



### Tech-enabled facilities

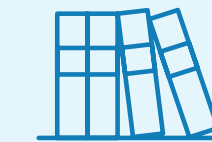
Getting you immediate, more personalized attention for urgent health care needs



### Online self-assessments

Helping you gauge depression, alcohol use, and stress levels anytime

## On your terms



### Podcasts and toolkits

For support managing stress, sleeping better, and more



### Classes and support groups

For help building relationships, changing unhealthy behaviors, and coping with stress



### Wellness coaching by phone

For 1-on-1 support to overcome obstacles and achieve your goals

Learn more at [kp.org/mentalhealth](https://kp.org/mentalhealth)  
Or call 1-800-390-3503, Monday through Friday, from 8a.m. to 5p.m.