

Kaiser Permanente 101 & Your Well-being



KAISER PERMANENTE®

Healthy Emory Well-being Incentive Program



With the Kaiser Permanente Plan, your incentives will be added to your **Kaiser Permanente Health Reimbursement Arrangement (KP HRA)** and can be used toward medical and pharmacy co-pays for you and your covered dependents.



Managing your KP HRA is easy. Visit kp.org/healthpayment to view your balance, file claims*, if applicable, view transaction history, and more.



Your care experience at a Kaiser Permanente medical office will be seamless. We will automatically submit a claim from your HRA and once approved, your portion of the cost for services will be paid directly to Kaiser Permanente from your HRA.

Description	Eligible	Amount
The Real Age Health Assessment	Employees, spouses, pre-65 retirees	\$25
Annual Preventive Wellness Exam	Employees, spouses, pre-65 retirees	\$100
Q1 Move More Challenge	Employees, spouses, pre-65 retirees	\$75
Q2 Operation Eat Right	Employees, spouses, pre-65 retirees	\$75
Q3 Refresh From Stress	Employees, spouses, pre-65 retirees	\$75
Q4 Sleep Better, Feel Better	Employees, spouses, pre-65 retirees	\$75
DPP Core participation	Employees	\$125
DPP Post-core participation	Employees	\$125

*In some cases, you may need to file a claim for reimbursement. Go to the annual enrollment benefits page on the intranet for more information on the incentives program

How can I view the incentives that have been contributed to my HRA?

- For money earned through the completion of Healthy Emory programs and activities, you can view the incentive description and dollar amount earned for that incentive in your Account Activity at kp.org/healthpayment or from the KP Balance Tracker app.
- From the home page of kp.org/healthpayment, select Accounts from the top menu, then Account Activity. Using the KP Balance Tracker app, simply select your HRA under My Accounts.
- Dollars earned for completing an Annual Wellness Visit (Well Adult or Well Woman) will display as an "Employer Contribution" in the description field.* Earned wellness incentives will display as a "Wellness Contribution" in the description field and may include additional details in the notes field.



- *Naming convention subject to change for description of the Annual Wellness Visit.

Telephonic Lifestyle Coaching

Kaiser Permanente members get free wellness coaching by phone. **68%** of our members who participated in Weight Management coaching reported losing 5 – 30 pounds.



Quit tobacco



Manage weight



Eat healthy



Get active



& Chronic Condition Coaching

Enrollment in chronic condition programs is automatic — not opt-in.



Diabetes



Chronic Obstructive Pulmonary Disease (COPD)



Asthma



Heart failure



Chronic kidney disease



Coronary artery disease



End-stage renal disease

On-demand wellness tools put better health within reach

Employees can use our no-cost health and wellness apps anytime, anywhere.^{1,2,3}



Calm

The #1 app for meditation and sleep is designed to help lower stress, reduce anxiety, and build resilience.



Ginger offers 1-on-1 emotional support coaching by text, self-care activities, and more — available 24/7.



Evidence-based programs to help members set mental health goals, track progress, and get support for depression, anxiety, and more.



No-cost fitness classes with ClassPass

Employees can access on-demand video workout classes including yoga, dance, cardio, boxing, Pilates, bootcamp, and more.

Targeted support for healthier living

kp.org/diabetes — a suite of resources to kp.org/maternity — a complete guide through kp.org/socialhealth — a directory help manage diabetes through diet, pregnancy, including prenatal care, birth of community-based support, including medications, exercise, and more planning, and caring for a new baby programs for food, housing, and child care

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. 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. 3. 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.



Virtual Health Education Classes

- **Get Moving**

- Bootcamp
- KP Just Dance
- KP Start Smart (*cardiovascular fitness, resistance and flexibility training for those with BMI of 35+*)
- KP Next Level (*combines athletic cardiovascular drills with strength training moves to tone from top to bottom*)
- Tai Chi THRIVE and Heal
- KP Yoga

- **Healthy Habits**

- The Art of Healthy Cooking
- Healthy Eating: Ask a Dietician
- Weight Management
- Preventing Diabetes
- Whole Foods Plant Based Diet: a Plant Based Lifestyle
- Stress Management
- Improving Your Sleep
- Mindfulness

- **Living Well with Chronic Conditions**

- Hypertension
- Diabetes: The Basics

- **Programs (Series/Multi-sessions)**

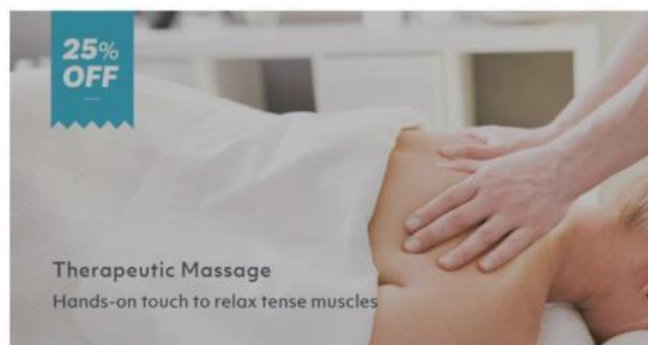
- Adult Weight Management
- QuitSmart



▪ kp.org/healthylivingathome/ga

Complementary Care Discounts A BETTER WAY TO TAKE CARE OF BUSINESS

The ChooseHealthy program provides discounts on a variety of complementary and alternative care resources. You can take advantage of reduced rates to help you stay healthy.



- Active&Fit Direct – members pay \$28 per month (plus one-time \$28 enrollment fee) for access to a national network of more than 10,000 fitness centers

- Up to 25% off a contracted provider's regular rates for:
 - Acupuncture
 - Chiropractic Care
 - Massage Therapy



Home exercise and gym equipment



kp.org/choosehealthy