

Kaiser Permanente's Workforce Health Offerings

Presenters:

Joan Salemme - Senior Workforce Health Consultant

Nicole Carter - Workforce Health Consultant

Charice Velasco – Senior Territory Manager

1. Wellness Coordinator Resources
2. Resources for all employees
3. Resources for KP members

 **Look for the check mark**

AGENDA

Wellness Coordinator Resources


UC Wellness Coordinators' Microsite ✓

- www.my.kp.org/universityofcalifornia

The screenshot displays the Kaiser Permanente website for University of California employees. The navigation bar includes links for Home, Thrive with KP, KP.org, and a region selector. The main navigation menu features 'Why KP', 'Plans and services', 'Healthy extras', 'Wellness coordinators' (circled in red), and 'Members'. The main content area features a headline: 'Discover why Kaiser Permanente is the right choice for you.' Below this is a sub-headline: 'With care and coverage working seamlessly together, Kaiser Permanente is uniquely designed to give you the information and support you need to live healthy.' A 'Show me' button is present. A secondary navigation bar includes 'Get started', 'Top doctors', 'All under one roof', 'Mental health and wellness', 'Easy online access', and 'Healthy extras'. The main content area contains a welcome message for University of California employees, stating: 'We're proud to be the trusted health care partner to more than 100,000 University of California members.' It also mentions: 'Kaiser Permanente has been caring for UC members for over 65 years — and more than 10 million people nationwide turn to us for high-quality care and support for total health. Take a look, and see why it's great to be a Kaiser Permanente member.' For enrollment information, it directs users to contact their Health Benefits Officer or visit the ucnet.universityofcalifornia.edu website. Three call-to-action buttons are visible: 'Learn about mental health and wellness services', 'Get support', and 'The KP and UC bond'.

Monthly Health Topics ✓

- Ready-made emails and flyers with healthy tips
- Charice Velasco, Sr. Territory Manager, sends these out monthly via email to Wellness Coordinators



Peso sano, cuerpo feliz

Olvidese de las dietas de jugos, ayunos y de moda. Simplemente estar saludable y en forma. Cuando se come correctamente y se mantiene un peso saludable puede ocurrir naturalmente.

Llénese de fibra
Los alimentos con alto contenido de fibra hacen que se sienta satisfecho sin llenarlo. Obtener la cantidad correcta de fibra al día puede ayudarle a perder peso, regular el azúcar en la sangre y reducir su colesterol. Todo esto sin contar calorías.


Tómese tiempo para moverse
Reducir las calorías puede ayudarle a perder peso, pero mantenerse en el peso a largo plazo es algo distinto. El ejercicio es necesario. Establezca una meta de 200 a 300 minutos de actividad física semanal para evitar que regresen las libras extra que perdió.*

¿BUSSCA NUEVAS FORMAS PARA MANTENER SU PESO ESTABLE?
Visite kp.org/peso y síganos en [@kp thrive](https://twitter.com/kp thrive).

*American Heart Association
Los servicios cubiertos por un plan de salud de Kaiser Permanente son proporcionados o coordinados por Kaiser Foundation Health Plan, Inc. en el Norte y Sur de California y en Hawaii • Kaiser Foundation Health Plan of Georgia, Inc. Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. in Maryland, Virginia y 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 o Kaiser Foundation Health Plan of the Pacific Northwest, 601 Union St., Suite 3100, Seattle, WA 98101 • Los planes de autoseguro son administrados por Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.

CONTROL DEL PESO

DIABETES PREVENTIVA



Healthy tips to help prevent diabetes

More than 1 in 3 Americans have prediabetes – and 90% of them don't even know it. The good news is that most cases of type 2 diabetes are preventable – health changes can help you avoid, control, or even reverse the disease.²

Keep your weight in check
Excess weight is the primary cause of type 2 diabetes. If you're overweight, losing just 7 to 10% of your current weight can cut your risk in half.² Maintaining a healthy weight can help prevent other health problems, too – including heart disease and certain types of cancer.

Be carb-smart
Limit sugar and refined carbohydrates like white bread, pasta, and rice. Focus on high-fiber, whole-grain complex carbohydrates – they're digested more slowly, which helps keep your blood sugar steady.


Stay active to stay healthy
Inactivity promotes diabetes, so regular physical activity is essential. You don't need to spend hours sweating at the gym to get the benefits. Walking briskly for 30 minutes every day can reduce your risk of type 2 diabetes by up to 30%.²

WANT MORE WAYS TO PREVENT OR MANAGE DIABETES?
Visit kp.org/diabetes and follow us [@kp thrive](https://twitter.com/kp thrive).

²Centers for Disease Control and Prevention
³Harvard T.H. Chan School of Public Health

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MIND-BODY WELLNESS



3 habits that can help you feel your best




Practicing self-care is good for the mind, body, and spirit. Here are some simple things you can do to boost your mood, beat stress, and enjoy life more. Each one takes just a little bit of time and effort – and you're worth it.

Take up meditation
Focus on your breath and being present in the moment. You might not experience instant inner peace, but a few minutes of quiet meditation can help clear your thoughts, calm your senses, and recharge your energy.

Sleep well – and sleep enough
Lack of sleep can affect the way you feel mentally and physically. Limit bedtime distractions if you have trouble sleeping – you can't leave the day's stresses at the door if you're checking email, texting, or browsing online.

Social network face-to-face
Connecting with others can do wonders for your physical and emotional wellness. Calls, texts, and social networks are great for staying in touch, but quality time together is what really helps people – and relationships – thrive.

LOOKING FOR MORE FEEL-GOOD IDEAS?
Visit kp.org/mindbody and follow us [@kp thrive](https://twitter.com/kp thrive).

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Toolkits and Resources ✓

Guides

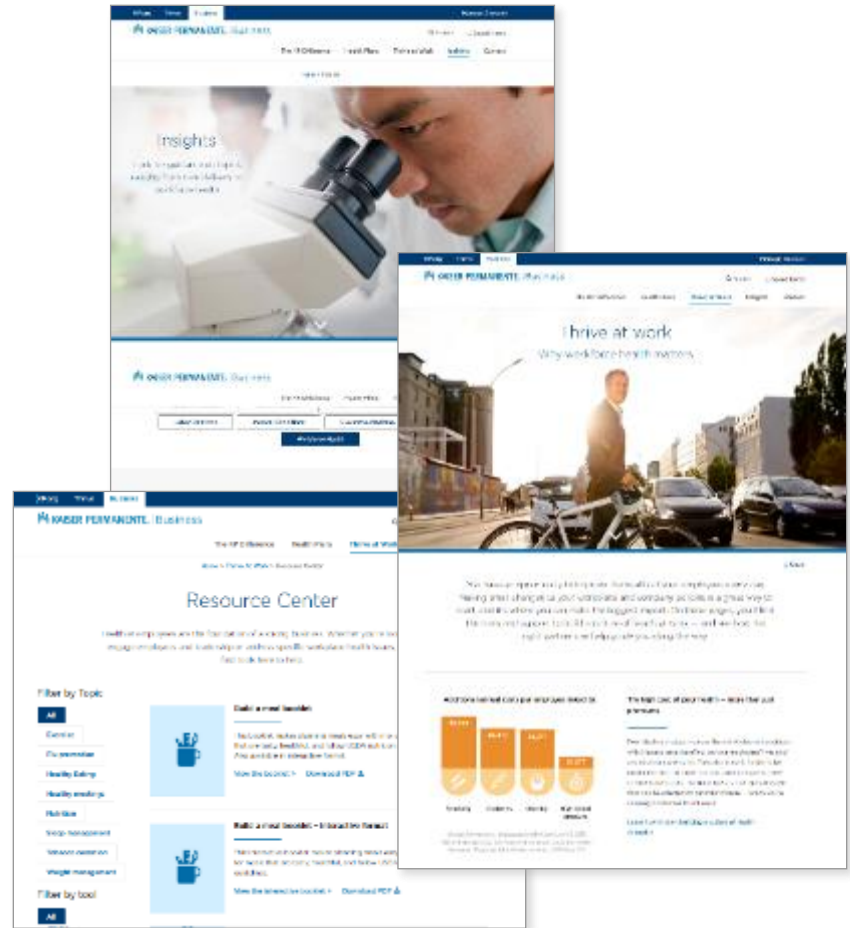
- Workforce Health Resources
- Healthy Meetings

Toolkits

- Starting a Workforce Health Program
- Healthy Eating at Work food policy
- Tobacco-Free Campus Policy
- Walking for Workforce Health
- Wellness Committee

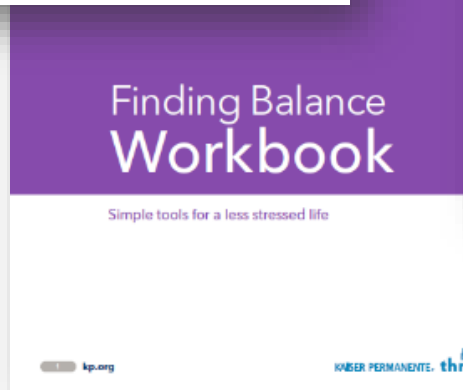
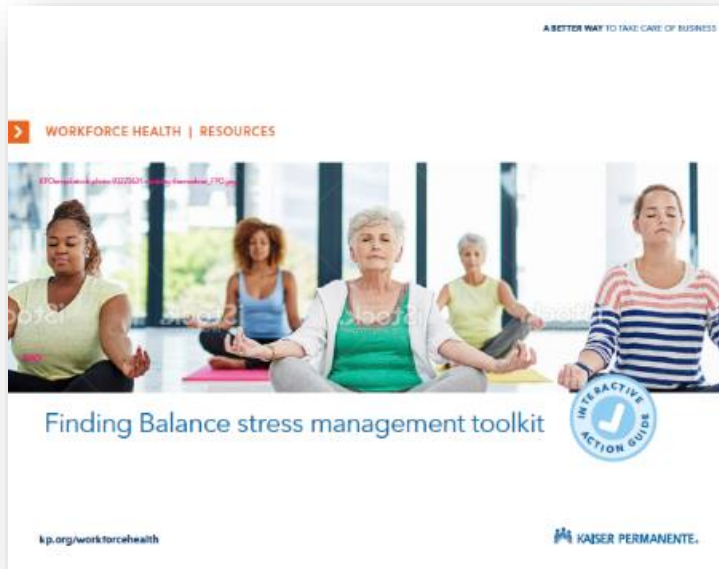
Email Campaigns

- *Finding Balance* stress management
- *Rest and Revive* sleep management
- *Maintain Don't Gain* weight management



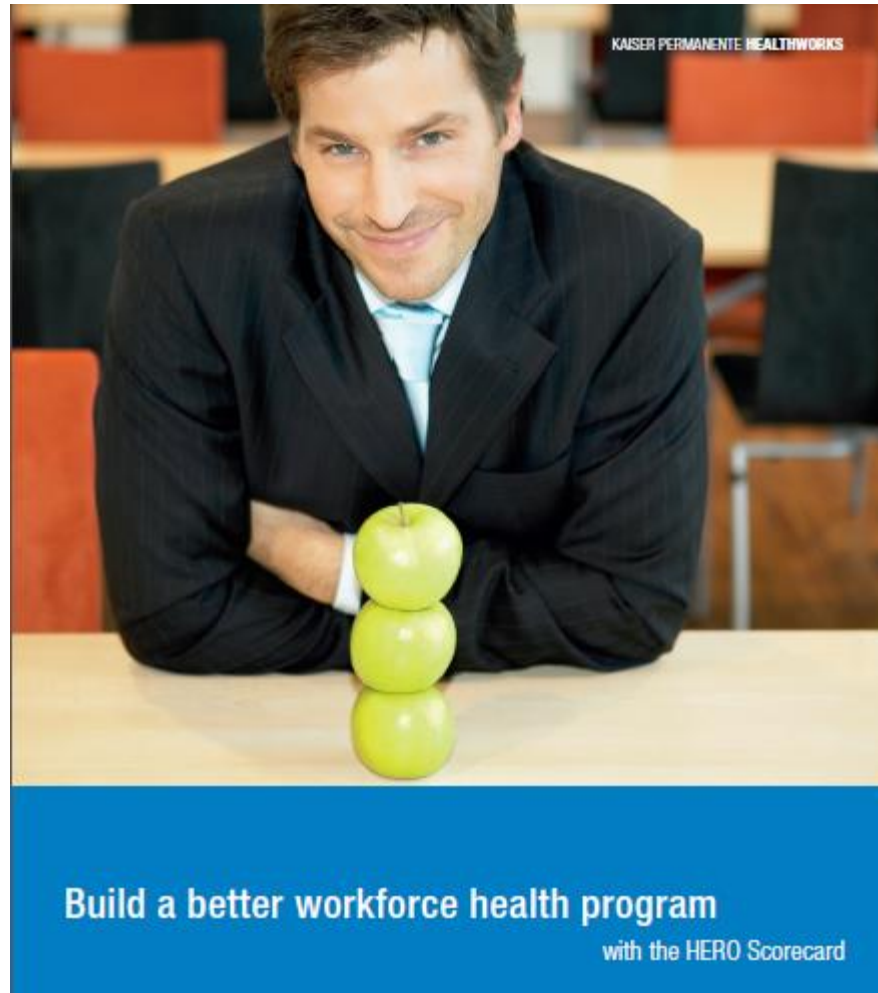
Finding Balance stress management ✓

- Campaign checklist, emails, employee guides and workbook



HERO Scorecard

Benchmark & improve your well-being program ✓



Free - Mental Health Awareness Training Materials ✓




[Click here to access the training materials](#)

Webinar Classes & Flu Vaccinations ✓

- Webinar Classes and Workshop Series
 - Topics include healthy eating, stress reduction, resilience, mindfulness, goal-setting, physical activity; evidence-based and engaging
 - Custom topics available
 - Classes available via webinar
- Flu clinics
 - From late-September onward
 - FYI: During flu season, our medical centers and clinics offer flu clinics
 - Kaiser can provide collateral to assist with promotional efforts

Promotional Materials ✓

Connect with a wellness coach today



**You can do it.
Your coach
can help.**

Your personalized path to better health
Working with a wellness coach can help you to reach your goals with a personalized action plan and one-on-one support. You'll work with the same coach for your entire program, so they can get to know you and help you discover what works for you.

Having someone in your corner can make all the difference
Your coach is there to keep you motivated, track your progress, and celebrate your successes. Wellness coaching can help you:


- Achieve a healthy weight
- Reduce stress
- Stop using tobacco
- Eat healthier
- Become more active

Get started today
Call **1-866-862-4295**, Monday through Friday, from 7 a.m. to 7 p.m. Pacific time to make an appointment. Coaching is offered in English and Spanish,¹ no referral is needed, and there's no charge for Kaiser Permanente members.²

¹Spanish-speaking wellness coaches are not available in Hawaii.
²Information about the coaching services you receive will be included in your electronic health record and accessible by your Kaiser Permanente team (not available for Kaiser Foundation Health Plan of Washington members at this time).

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kp.org/coaching

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Please recycle. 65607813 November 2017



Take the Total Health Assessment today

The Total Health Assessment is an easy-to-use online questionnaire that can help you see what's impacting your overall health.

The assessment has 4 parts – biometrics, body, mind, and lifestyle – and once you complete them all, you'll get a customized plan to help you make healthy lifestyle changes. You can complete them in any order, and it only takes about 20 minutes.

It's easy to get started

You can take the Total Health Assessment on a mobile device or computer. To find it, go to kp.org/tha. If you haven't already, you'll need to create an account at kp.org/registermow. To do so, just go to kp.org/registermow.

Discussing results with your doctor

If you'd like to discuss the results of your assessment with your doctor, you can print and share them at your next office visit. Please note: The results are no longer part of your electronic health record.

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kp.org/tha

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Well-being Resources for All Employees

Mental Health and Wellness ✓

■ www.kp.org/mentalhealth

Health & Wellness > Mental health

Understanding mental health



Care for the whole you

Your mind and body are connected. You deserve care that supports your total health — mind, body, and spirit. If you struggle with depression, anxiety, addiction, or other mental or emotional issues that interfere with your daily life, we're here to help.

Did you know?

You don't need a referral for mental health services.

But your personal doctor is your biggest total health advocate. If you're struggling, they can connect you with support and help you access care.





[Find care near you](#)

MENTAL HEALTH & WELLNESS

Call us
What
Take t
assess
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benefi

Navigating life's changes and challenges

Life's normal ups and downs can throw you off-kilter — but simple self-care strategies and healthy habits can help you through them.







Managing Stress **Sleeping better** **Parenting** **Relationships**

SHAI

✉

Simple ways to be kind to your mind

Small acts of self-care can have a big impact — these practices can help you wind down, find calm, and feel better.



Meditation **Mindfulness** **Mind-body** **Self-compassion**

More healthy steps you can take now

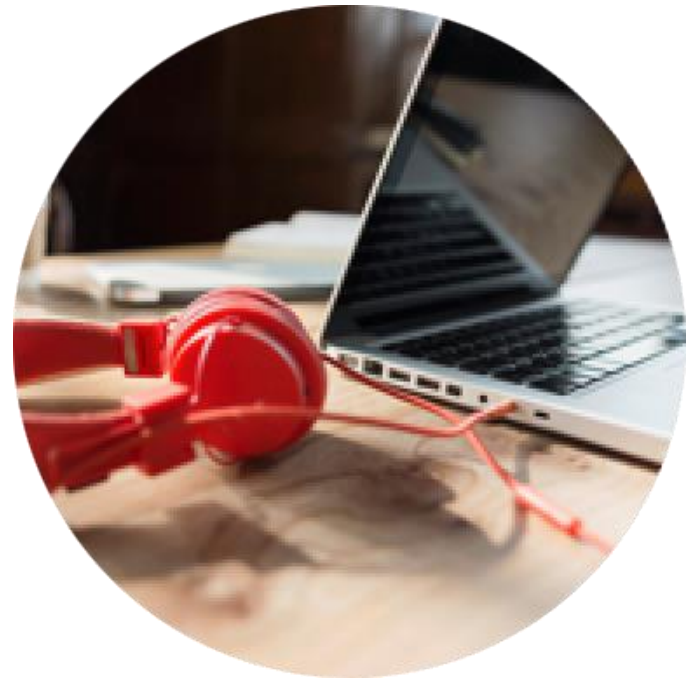
Classes and support groups

Connecting with others who share similar experiences can be incredibly powerful. Our classes and support groups are taught by trained instructors.

Standard Health Education Webinar Topics ✓

The Kaiser Permanente Health Education department can support the following topics:

- Stress Management
- Boosting Your Capacity
- Gratitude
- Laughter as Medicine
- Power of Meditation
- Resiliency
- Stress Busters
- Yoga for Beginners



All service requests must be submitted at least six weeks in advance.

Health and Drug Encyclopedia ✓

The screenshot shows the Kaiser Permanente Health Encyclopedia page. At the top left is the Kaiser Permanente logo. A navigation bar contains links for 'Why KP', 'Shop Plans', 'Doctors & Locations', and 'Health & Wellness' (which is underlined). A search icon and the word 'Search' are on the right. Below the navigation bar, the breadcrumb 'Health & Wellness > Health Encyclopedia' is shown. The main heading 'Health Encyclopedia' is prominently displayed. To its right is a 'SHARE' section with icons for email, Facebook, Twitter, and Pinterest. Below the heading is the text 'Search health topics'. A paragraph explains that the site offers over 4,000 health topics for learning basics, self-care, or getting care. A search bar with a blue 'Search' button is provided. At the bottom, a light blue box features a 'Symptom checker' icon, a description of the tool, and a link to 'Check your symptoms'.

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Why KP Shop Plans Doctors & Locations Health & Wellness Search

Health & Wellness > Health Encyclopedia

Health Encyclopedia


SHARE

✉ f 🐦 📌

Search health topics

Find health information about medical conditions, symptoms, and medical procedures. Kaiser Permanente offers access to over 4,000 health topics to give you the information you need to learn the basics, get self-care, or get care from Kaiser.

Search

 **Symptom checker**

An interactive tool to assess health concerns and determine when to seek care.

[Check your symptoms](#)

Podcasts & Videos ✓

- www.kp.org/video
 - Topics range from controlling high blood pressure to managing your emotions.
- www.kp.org/listen
 - Mental Health & Wellness tools, including downloadable, audio guided imagery programs

Mental health and wellness tools



Self-care tools, tips, and activities

Food for Health Blog ✓

- www.kp.org/foodforhealth

Good enough to eat

What we eat has a crucial impact on our health. That's why our doctors, nurses, and dietitians are passionate about cooking and eating wholesome food for a healthier life.



Meal prepping for grain bowls and more

A white bowl filled with a variety of fresh ingredients including green leafy vegetables, sliced avocado, and other colorful vegetables. A white arrow in the bottom right corner points to the right.



Sweet potato flatbread

A close-up shot of a hand holding a round, golden-brown flatbread over a surface of flour. A white arrow in the bottom right corner points to the right.



Everyday chickpea curry

A bowl of chickpea curry with a rich, reddish-orange sauce, chickpeas, and fresh green herbs. A white arrow in the bottom right corner points to the right.



Emotional eating in uncertain times

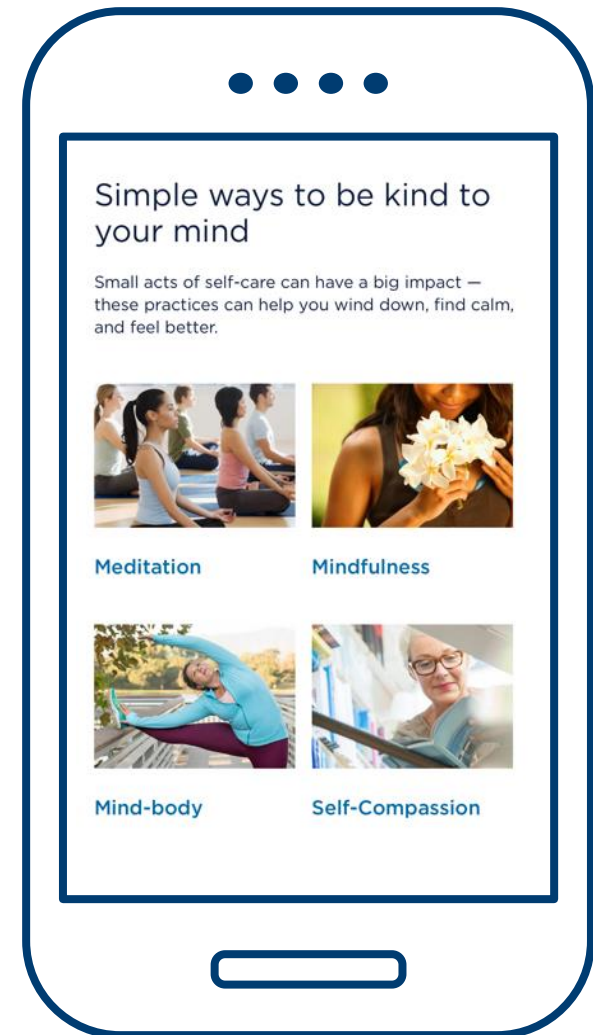
A collection of various food items including french fries, bread, and fresh produce like tomatoes and leafy greens. A white arrow in the bottom right corner points to the right.

Well-being Resources for Kaiser Permanente Members

Digital Self-Care Tools and Resources on kp.org

Evidence-based self-help tools to address mild symptoms, distress, and emotional health, including:

- Articles
- Audio Activities
- Videos
- Self-Assessment Tools
- Digital Apps



24/7 Emotional Support with the Ginger App

What can employees do with Ginger?

- Text with a coach anytime, anywhere, 24/7.
- Discuss goals, share challenges, and create an action plan with their coach.
- Get personalized, interactive skill-building tools from a library of more than 200 activities.
- View recaps from each texting session, track progress, and work with their coach to adjust action plans as needed.

Ginger's emotional support coaching can help employees with anxiety

47% of Ginger users with anxiety saw their symptoms improve.⁵

Around-the-clock support is always available

Employees can access personalized support in their moment of need.



Calm - A digital self-care app [\(\[kp.org/selfcare\]\(https://kp.org/selfcare\)\)](https://kp.org/selfcare)

Calm is the #1 app for meditation and sleep — designed to help lower stress, reduce anxiety, and more. Kaiser Permanente members can access all the great features of Calm at no cost, including:

- The Daily Calm, exploring a fresh mindful theme each day
- More than 100 guided meditations
- Sleep Stories to soothe you into deeper and better sleep
- Video lessons on mindful movement and gentle stretching



[Click here to access Calm](https://kp.org/selfcare)

myStrength: Digital self-care support for Kaiser members (kp.org/selfcare)

Cognitive Behavioral Therapy-based program offering guided programs and tools for a range of mental health needs and challenges:

- Managing Depression
- Controlling Anxiety
- Reducing Stress
- Practicing Mindfulness & Meditation
- Improving Sleep
- Balancing Intense Emotions
- Managing Chronic Pain



[Short video demo](#)
[Long video demo](#)

ClassPass - now available for KP Members [\(\[kp.org/exercise\]\(https://kp.org/exercise\)\)](https://kp.org/exercise)

- ClassPass is a popular fitness membership program that provides access to thousands of wellness offerings.
- KP members now have access to no-cost or discounted virtual and in-person fitness classes.
- Members can sign up for one of two options:
 - No-cost on-demand video library
 - Discounted livestream and in-person workouts



[Click here to access ClassPass](https://kp.org/exercise)

Wellness Coaching by Phone (kp.org/coaching)



Wellness Coaching Topics:

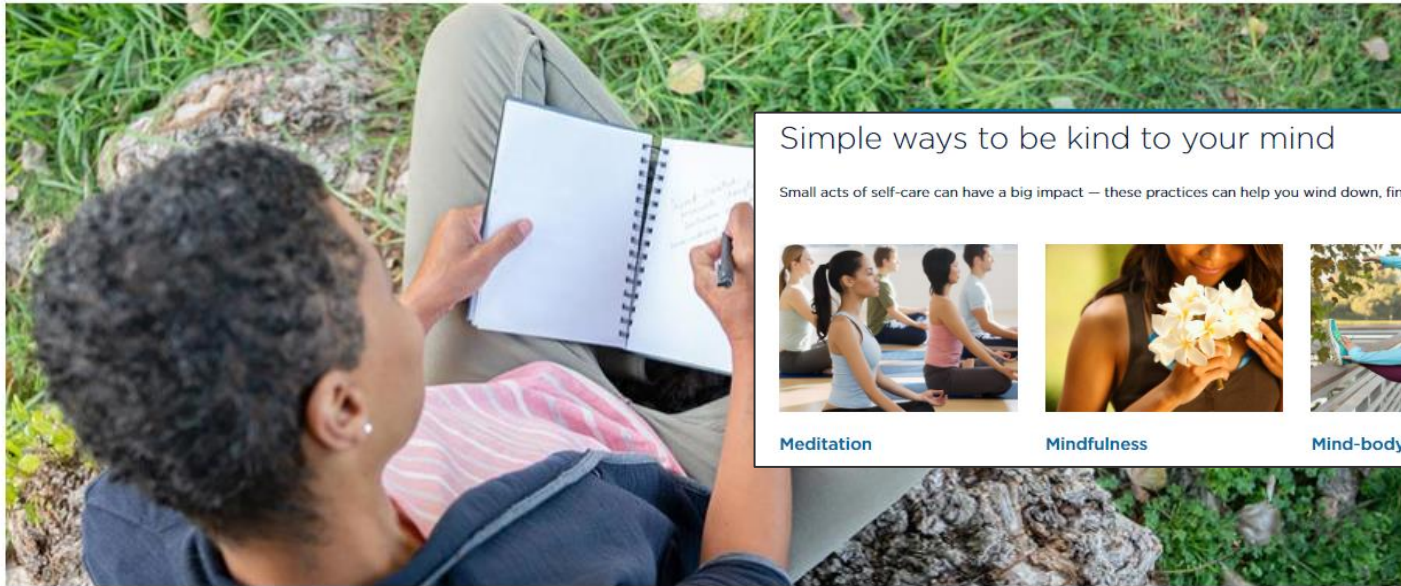
- Smoking Cessation
- Physical Activity
- Weight Management
- Healthy Eating
- Stress Management
- Sleep

Wellness coaching is available at no extra cost for Kaiser Permanente members.

- **Convenient telephone sessions**—coaching takes place over the phone, so employees can easily schedule calls around their work hours
- **Skilled experts**—members are coached by health education professionals
- **Customized action plans**—coaches and members work together to create achievable steps that fit within members' lifestyles
- **Integrated with HealthConnect**
 - English and Spanish-speaking coaches are available
 - No referral is needed.

Well-being resources for everyone on kp.org/selfcare

Wellness resources



Self-care tools, tips, and activities

Take a moment. Take a breath. Take time for self-care. Explore our broad range of self-care resources — including apps, audio activities, articles, and more — designed to help you thrive in mind, body, and spirit.

Total Health Assessment & Healthy Lifestyle Programs

All members are encouraged to complete an annual Total Health Assessment (THA). After completing the assessment, a customized Health Summary Report is sent to each member based on their overall health priorities and stage of change. kp.org/tha

Let's set a goal.
First, choose up to 4 areas you want to improve.

Nutrition
Eat Well
Most of us eat more fat, protein, and sugar than we need, and not enough veggies and whole grains.

Exercise
Move More
Exercise can help boost your energy, increase mental focus, lift your mood, and improve your sleep and sex life.

Stress
Keep Stress in Check
Managing stress can help with your mood, digestion, and sleep.

Mood
Improve Your Mood
When you're down or depressed, it can affect your health, weight, sleep, and relationships.

Sleep
Sleep Well
You're getting enough sleep, but if you need more, we can offer some good tips.

Tobacco
Stay Smoke Free
Smoking and using nicotine can be hard habits to break. If you need help staying smoke free, we can offer support.

Alcohol
Drink Less Alcohol
Many of us enjoy a drink now and then with friends, but those calories soon start to add up.

Next
None of these

Not enough info | We can help | Almost there | Doing great

The Total Health Assessment (THA) links directly to online healthy lifestyle programs:

- Weight Management
- Exercise
- Smoking Cessation
- Nutrition
- Stress Management
- Sleep Management
- Depression
- Diabetes
- Alcohol

Discussion and Wrap-Up

For Wellness Resources and support contact:

Charice Velasco, Senior Territory Manager

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