



Take charge of your health

Classes, coaching, and wellness topics

Thinking about a healthier lifestyle? Want to get more information on the topic we discussed today? You can find tips, resources, and support you can use to take charge of your health.

kp.org/healthengagement

This public website covers wellness topics, including sleep, healthy eating, physical activity, and stress. You'll also find info about health coaching and class offerings from Health Engagement and Wellness Services, plus videos, podcasts, and links from kp.org and other credible outside resources. The site can be accessed from a desktop computer, smartphone, or tablet.

Mental health and wellness tools

Calm and myStrength wellness apps can help you navigate life's challenges, and make small changes to improve your sleep, mood, relationships, and more. It's self-care made easy.

Go to kp.org/selfcare.

Work out anywhere

Fitness industry leader ClassPass partners with 30,000 gyms and studios around the world, offering a range of classes. They include yoga, dance, cardio, boxing, Pilates, boot camp, and more. Kaiser Permanente members can get:

- Unlimited on-demand video workouts at no cost
- Reduced rates on livestream and in-person fitness classes

Go to kp.org/exercise.

Health coaching

Get support in a brief chat with a coach as you discuss:

- Your health goals
- The process of change
- Your options for next steps

You can talk over the phone or set up a video appointment. The service is free of charge for Kaiser Permanente members. Call 503-286-6816 or 1-866-301-3866, option 2.