

# 2024 Wellbeing Solutions Menu<sup>1</sup>

Our suite of wellbeing products & services is outlined below. If you have a Workforce Health Consultant, ask them for a customized proposal that meets your employee population’s unique needs. Otherwise, speak with your KP representative. All prices and offerings are subject to terms and conditions. **\*New in 2024\***

Mental Health and Resiliency	Additional Details
<b>No Cost*</b>	
<b>Calm App:</b> the #1 meditation and sleep app.	No cost to KP Members
<b>Headspace Care</b> (formerly Ginger): Members can receive text-based emotional support coaching for 90 days per year at no cost.	No cost to KP Members
<b>KP Community Support Hub:</b> Member support to meet daily needs such as access to healthy food, safe living, and more. Links to State assistance programs.	No cost. Employers/Members access resources <a href="#">here</a> .
<b>myStrength:</b> Personalized self-care program based on the cognitive behavioral therapy model. Includes interactive activities, daily health trackers, in-the-moment coping tools, and more.	No cost to KP Members
<p><b>Program Toolkits:</b> Provides sample timelines, template emails, promotional content and more.</p> <ul style="list-style-type: none"> <li>• <b>Rest and Revive Toolkit:</b> Campaign focused on optimizing sleep, rest, and recovery.</li> <li>• <b>Stress Management Toolkit:</b> Campaign focused on reducing and managing stress through daily activities.</li> </ul>	<a href="#">View and download available toolkits</a>
<b>Employer Buy-Up Options</b>	
<b>After Work Wellness Break:</b> Help employees unwind from the work day with a fitness break and mindful moment to demonstrate the benefits of the ClassPass and Calm apps.	30-minute class: \$375
<b>Calm Afternoons with KP:</b> Four, 30-minute mindfulness series featuring facilitated sessions using the Calm App.	4-week Calm Series: \$1,125
<b>Glowmundo:</b> Mindfulness facilitation to introduce participants to simple practices to work with difficult emotions. A variety of workshop offerings are available and can be customized.	<i>Request a menu of services from your KP representative.</i>
<b>Health Enhancement Systems (HES) Feel Like a Million, Renew, &amp; Work of Art:</b> Theme-based web and mobile well-being programs focused on behaviors such as gratitude, mindfulness, and resiliency.	Cost varies by program and is listed at <a href="https://hesonline.com">hesonline.com</a> . KP discount applied to final price.
<b>Mental Health Awareness Training:</b> Comprehensive training to improve mental health awareness in the workplace including a facilitator guide, PowerPoint, and 35-minute video module.	<a href="#">View and download available resources</a> 2-hour training: \$900
<b>Mental Health First Aid at Work:</b> Skills-based training, teaches employees how to notice & support colleagues experiencing a mental health/substance use concern & connect them with resources.	<p><u>4-hour</u> General Awareness class (15-25 participants): \$6,180</p> <p><u>6-hour</u> Certification class (8-15 participants): \$6680</p>
<b>Optimize Your Time and Energy:</b> 4-week series focused on strategies to help employees connect with what energizes them.	\$1,450 for 4, one-hour classes.

Mental Health and Resiliency <i>continued</i>	Additional Details
<b>Employer Buy-Up Options</b> <i>continued</i>	
<b>Stress Less Series:</b> Six-week series designed to empower employees with simple yet powerful tools to improve their stress-management skills.	\$2,100 for 6, one-hour sessions.
<b>Total Brain:</b> Online program to improve employee performance & support emotional well-being through a variety of brain health activities.	\$2,500 implementation fee, plus \$0.32 per eligible per month.
Healthy Eating and Nutrition	Additional Details
<b>No Cost</b>	
<b>Nutrition Services website:</b> Developed by KP's Registered Dietitians; includes healthy recipes, webinars, and more.	View available no cost resources at <a href="http://kp.org/nutrition/co">http://kp.org/nutrition/co</a>
<b>Planning Toolkits:</b> <ul style="list-style-type: none"> <li>• <b>Food Policy Toolkit:</b> Learn how to create policies around healthy food options at work.</li> <li>• <b>Healthy Meetings Guide:</b> Ensure healthy food options are provided at work events, potlucks, and meetings.</li> </ul>	<a href="#">View and download available toolkits</a>
Employer Buy-Up Options	
<b>Cooking Demonstrations:</b> Registered dietitian prepares healthy food onsite or via online webinar. For onsite demos, all equipment provided; requires access to a sink and electrical outlet.	Cost starts at \$475 plus cost of food; <i>request a quote from your KP representative.</i>
<b>Fruit Guys:</b> Fresh fruit delivery including seasonal fruit boxes, healthy snack boxes, and more.	<i>Request a menu of services from your KP representative.</i>
<b>Healthy Cooking Series:</b> Three-week series building on healthy eating habits.	\$1,050 for three, one-hour sessions, plus the cost of food.
<b>Health Enhancement Systems (HES) Nourish and Colorful Choices:</b> Theme-based web and mobile well-being programs including healthy recipes and emphasis on nutritious eating.	Cost varies by program and is listed at <a href="http://hesonline.com">hesonline.com</a> . KP discount applied to final price.
<b>Nutrition Bootcamp:</b> Four-week nutrition-based weight loss program led by a KP Registered Dietitian.	\$1,450 for four, one-hour classes.
Weight Management and Lifestyle	Additional Details
<b>No Cost</b>	
<b>Healthy Connections:</b> Sixteen-week weight management series taught by a Registered Dietitian focusing on long-term success.	<a href="http://kp.org/nutrition/co">http://kp.org/nutrition/co</a>
<b>Healthy Lifestyle Toolkit:</b> Designed to support a culture of workplace health and provide a foundation to organizations for employee well-being program.	View and download Toolkit: <a href="https://business.kaiserpermanente.org/thrive/resource-center">https://business.kaiserpermanente.org/thrive/resource-center</a>
<b>Total Health Assessment and Healthy Lifestyle Programs:</b> Take a 10-minute health check-in then choose from 64 behavior change activities including eating healthier, sleeping better, and more.	Visit <a href="http://kp.org/tha">kp.org/tha</a> and <a href="http://kp.org/healthylifestyles">kp.org/healthylifestyles</a> for information.

Weight Management and Lifestyle <i>continued</i>	Additional Details
<b>Employer Buy-Up Options</b> <i>continued</i>	
<b>Healthy Connections (Onsite):</b> Sixteen-week weight management series taught at the worksite by a Registered Dietitian focusing on energy balance and long-term success; can be implemented as a Diabetes Prevention Program with monthly follow-up calls.	\$5,400 for 16, one-hour classes; <i>request a quote for Diabetes Prevention Program options.</i>
<b>Health Enhancement Systems (HES) Health For The Holidays, Snow Wonder, Summertime, or Chirpy:</b> Theme-based web and mobile programs focused on making healthy lifestyle changes.	Cost varies by program and is listed at <a href="https://hesonline.com">hesonline.com</a> . KP discount applied to final price.
<b>Individualized 1:1 Health Coaching:</b> Help employees reach their goals with onsite or virtual health coaching. Program begins with an optional session where employees learn the benefits of coaching and meet health coach(es). Then, employees meet 1:1 with a coach.	\$475 optional introductory class; \$120 per hour of coaching; Coaching is customized by length and number of sessions.
<b>Omada Diabetes Prevention Program:</b> Online counseling to help at-risk individuals combat obesity-related chronic disease.	\$450 per qualified participant for 12-month program.
<b>Omada Weight Management Program:</b> Online counseling to help individuals manage and improve weight for better health outcomes.	\$155 per qualified participant for 12-month program.
<b>Weight Watchers (WW) Online Plus, Meetings, Diabetes:</b> Program focused on establishing and maintaining a healthy weight. Employers must subsidize 50% of the cost.	Pricing varies based on employer size; <i>request a quote from your KP representative.</i>
<b>Physical Activity and Ergonomic Support</b>	<b>Additional Details</b>
<b>No Cost</b>	
<b>Active&amp;Fit Direct:</b> KP members receive discounted gym access to over 25,000 gyms nationwide.	KP member benefit
<b>ClassPass:</b> KP member benefit offering virtual fitness classes.	KP member benefit
<b>Employer Buy-Up Options</b>	
<b>ClassPass:</b> Employer Program Option to subsidize ClassPass benefit for employees. Access to virtual & onsite fitness classes at participating locations.	Cost varies based on number of participants; <i>request a quote from your KP representative.</i>
<b>Colfax Marathon:</b> Subsidize up to 50% of employee relay team or individual registrations for Colfax Marathon.	Pricing varies dependent on subsidy and registration cost; <i>request a quote from your KP representative.</i>
<b>Health Enhancement Systems (HES) Walktober, Ola, Worldwide Wellness, or GO GOLD:</b> Theme-based web and mobile well-being programs focused on physical activity, step tracking, and movement.	Cost varies by program and is listed at <a href="https://hesonline.com">hesonline.com</a> . KP discount applied to final price.
<b>Rewards and Incentives</b>	<b>Additional Details</b>
<b>Fitness Wearables/Devices:</b> Various Fitbit models available.	<a href="#">Price varies by device.</a>
<b>Health Engagement Platform:</b> Rewards & reporting program for KP members for being up-to-date on age & gender appropriate screenings and healthy lifestyle activities.	Cost varies from \$0-\$6.50 per eligible participants. Minimum of 100 eligibles. <i>Request a quote.</i>
<b>Prepaid Gift Cards for Reward:</b> Provide employees with a cash incentive for participating in a workforce health initiative. Can be ordered in the following denominations: \$25, \$50, \$75, \$100, \$125, \$200, \$250, and \$500. Visa gift cards expire 12 months after issue.	Face value of card(s), plus \$4.50 per card administrative fee. If shipped in bulk, shipping fee ranges from \$25-\$220 dependent on quantity. For a \$250 flat rate, cards can be delivered to homes.

Onsite Services and Clinical/Preventive Care	Additional Details
<b>No Cost</b>	
<b>Know Your Numbers Campaign:</b> Provides 7 weekly emails, promotional content and more. Prevent chronic illness and promote getting up to date on age and gender preventive screenings.	Contact your KP representative or find materials here: <a href="https://newtab.kpcodigital.org">edge://newtab (kpcodigital.org)</a>
<b>Employer Buy-Up Options</b>	
<b>Fingerstick Advanced Screening Package:</b> Total cholesterol, HDL, glucose, blood pressure, height, weight, BMI, and body fat percentage (no fasting required).	\$48 per person; min. 30 participants or 80% of estimated, whichever is greater.
<b>Fingerstick Basic Screening Package:</b> Total cholesterol, HDL, glucose, and blood pressure (no fasting required).	\$44 per person; min. 30 participants or 80% of estimated, whichever is greater.
<b>Fingerstick Total Health Screening Package:</b> Total cholesterol, HDL, LDL, BMI, triglycerides, glucose, blood pressure, waist circumference, height, weight, and body fat percentage (no fasting required).	\$54 per person; min. 30 participants or 80% of estimated, whichever is greater.
<b>Flu Shot Clinic:</b> Bring a flu shot clinic onsite to your workplace for employees, non-employees, and/or dependents 18+.	\$45 per person - regular dose \$70 per person - high dose Min. 30 participants or 80% of estimated, whichever is greater.
<b>Pre-diabetes measure:</b> Hemoglobin A1c (fasting encouraged)	\$40 per person plus travel costs. Min. 15 participants or 80% of estimated, whichever is greater. <i>Request travel quote from your KP representative.</i>
<b>Stand-alone Screenings:</b> Screenings such as blood pressure, body mass index, and others. Talk to your KP representative for details.	<i>Talk to your KP representative about pricing.</i>
<b>Venipuncture Pre-Diabetes Screening only</b> (Hemoglobin A1c)	\$40 per person plus travel costs
<b>Venipuncture Basic Screening:</b> includes full lipid panel, fasting glucose, blood pressure and body mass index.	\$45 per person plus travel costs. Min. 15 participants or additional fee of \$5 per participant screened. <i>Request travel quote from your KP representative.</i>
<b>Venipuncture Advanced Screening:</b> includes full lipid panel, Hemoglobin A1c (pre-diabetes measure), blood pressure & body mass index (fasting suggested).	\$60 per person plus travel costs. Min. 15 participants or additional fee of \$12 per participant screened. <i>Request travel quote from your KP representative.</i>
Strategic Support for Well-being Programs	Additional Details
<b>No Cost</b>	
<b>Planning Toolkits:</b> <ul style="list-style-type: none"> <li>• <b>Starting a Workforce Well-Being Program:</b> Receive step-by-step instructions to start a workforce health program.</li> <li>• <b>Wellness Committee Toolkit:</b> Learn how to start a committee, recruit members, plan, and implement successful programs together.</li> </ul>	All toolkits are available here: <a href="https://business.kaiserpermanente.org/thrive/resource-center">https://business.kaiserpermanente.org/thrive/resource-center</a>
<b>Employer Buy-up Options</b>	
<b>Glowmundo Professional Resilience Leadership Program &amp; Leadership Training:</b> Build resilience among leaders and their teams. A variety of workshop offerings are available and can be customized.	\$4,850 for 6-hour workshop \$1,850 for 2.5-hour workshop \$3,200 for 4-hour workshop <i>Ask for the Glowmundo menu.</i>

Strategic Support for Well-being Programs <i>continued</i>	Additional Details
<b>Employer Buy-Up Options</b> <i>continued</i>	
<b>Mitigating Burnout by Fostering a Psychologically Healthy Workforce:</b> Learn the fundamental components to help address burnout, create a stigma-free environment, and promote a stigma-free, psychologically safe workplace.	\$700-900 for 1.5 to 2-hour workshop, depending on level of customization.
<b>Well-being Ambassador Training:</b> Six-week customizable training educates wellness champions within your workplace. Participants get tools and are empowered to share health information with peers, creating a sustainable culture of health.	\$3,200-5,000, depending on level of customization.
Health Education Single Session Classes	Additional Details
<b>Employer Buy-up Options</b>	
<b>30 min to 1-Hour, Single-Session Classes:</b> Onsite and virtual health education classes taught by health educator or Registered Dietician on a broad array of topics in all areas listed above.	Cost varies between \$375-475 dependent on length of session.  <i>Full list of classes available upon request.</i>

<sup>1</sup> All calendar year plans (Jan-Dec) must order products/services no later than November 15 of the plan year. All products/services must be rendered/received with the current plan year for all plans.