

Kaiser Permanente 2024 Wellness Resources for State of Colorado Employees

Healthy Lifestyle	Additional Details and Links
<p>Articles and Videos*: Browse resources on topics such as mindfulness, parenting, relationships, sleep, and more – designed to help you thrive in mind, body, and spirit.</p>	<p>Visit kp.org/listen to learn more.</p>
<p>Tobacco cessation*: KP offers many resources to help individuals quit when they are ready. Some resources are available to non-members.</p>	<p>Visit kp.org/quitsmoking, or call the Colorado Quit Line at for free coaching and support.</p>
<p>Health Education Classes*: Learn more about health topics, how to manage health conditions, and how to make healthy changes to your lifestyle. Kaiser Permanente offers classes and programs at our medical offices for members and non-members.</p>	<p>Class schedules are available at kp.org/classes.</p>
<p>Center for Complementary Medicine: Schedule chiropractic and acupuncture services. Note, these services may incur a cost.</p>	<p>KP member benefit - Visit kpccm.org to learn more.</p>
<p>ChooseHealthy™ Discounts: You'll find savings on a variety of fitness products and wellness essentials such as:</p> <ul style="list-style-type: none"> • Chiropractic care-25% off regular rates • Acupuncture-25% off regular rates • Massage Therapy-25% off regular rates • ChooseHealthy online store-15-40% off suggested retail prices on hundreds of health products 	<p>KP member benefit - Visit kp.org/choosehealthy to learn more.</p>
<p>Total Health Assessment and Healthy Lifestyle Programs: Take a 10-minute health check-in, then choose from 64 behavior change activities including eating healthier, sleeping better, and more.</p>	<p>KP member benefit – Go to kp.org/tha and kp.org/healthylifestyles to access.</p>
<p>Wellness Coaching by Phone: In addition to the health coaching offered through the SOC STATE OF HEALTH program, you can access one-on-one guidance and support from a dedicated wellness coach in weight, stress, nutrition, and physical activity.</p>	<p>KP member benefit - To learn more, visit kp.org/wellnesscoach or call 720-536-7753 to schedule.</p>
<p>Omada: A digital lifestyle change program focused on weight management. Receive a wireless scale, professional health coaching, and more.</p>	<p>KP member benefit – Go to omadahealth.com/soc to access.</p>
Healthy Eating and Nutrition	Additional Details and Links
<p>Nutrition Services website*: Developed by KP's Registered Dietitians; includes healthy recipes, webinars, and more. Some classes are available to non-members.</p>	<p>View available no cost resources at Nutrition Services.</p>
<p>Healthy Recipes*: Access delicious recipes online from KP doctors, nurses, and dietitians.</p>	<p>Go to kp.org/recipes.</p>



Mental Health and Resiliency	Additional Details and Links
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Calm: the #1 meditation and sleep app.	KP member benefit - Go to kp.org/selfcare then click on "get started" under digital apps.
Headspace Care (formerly Ginger): Members can receive text-based emotional support coaching for 90 days (about 3 months) per year at no cost.	KP member benefit - Go to kp.org/selfcare then click on "get started" under digital apps.

Physical Activity	Additional Details and Links
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Active&Fit Direct: KP members receive discounted gym access to over 12,000 participating fitness centers nationwide along with other benefits.	KP member benefit - Go to kp.org/exercise to access.

Preventive Care	Additional Details and Links
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Health Care Reminders: See what preventive screenings and immunizations you are due for.	Click Health Care Reminders Medical Record Kaiser Permanente and login with your KP username and password
Flu shots: Offered at no cost in any Kaiser Permanente medical office building.	KP member benefit - for more information: A Complete Guide to The Flu & Flu Shots Kaiser Permanente

Weight Management	Additional Details and Links
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Weight loss, diabetes management and heart health classes*: Taught online by Kaiser Permanente health care providers. On-demand recorded classes are also available. Some classes are available to non-members.	View available classes at Nutrition Services Kaiser Permanente
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For KP members, you can utilize kp.org to manage your health:

- View most lab results
- Schedule most appointments
- Email KP providers
- Pay bills & estimate costs
- Refill prescriptions
- Chat with a provider



Scan or click on the QR code to access flyers

* = Resource available to all State employees regardless of carrier

For Kaiser Permanente members, you must be registered on kp.org to access the Kaiser Permanente member benefits and to access some of the links above. This resource guide expires June 30, 2025.

