Kaiser Permanente
Online and Mobile App

At kp.org or with the Kaiser Permanente app, Kaiser Permanente members can stay on top of their care 24/7:1,2

- Schedule and cancel routine appointments
- Fill most prescriptions
- Choose your doctor and change anytime
- View most lab test results
- Email your Kaiser Permanente doctor’s office with nonurgent questions
- Manage your coverage and estimate costs3
- View and pay bills
- Manage a family member’s health care4

1Available when you get care at Kaiser Permanente facilities.
2To use the Kaiser Permanente app, you must be a Kaiser Permanente member registered on kp.org.
3These tools are not available on the app.
4Online features change when children reach age 12. Teens are entitled to additional privacy protection under state laws. When your child turns 12 years old, you will still be able to manage care for your teen, with modified access to certain features.
Kaiser Permanente members have access to in-person and virtual care:

- Visit your doctor at your local facility
- Meet face-to-face with a video visit*
- Save yourself a trip to the doctor’s office with a telephone appointment*
- Email your Kaiser Permanente doctor’s office with nonurgent questions at kp.org or with the KP App
- Schedule appointments and get 24/7 medical advice by calling 1-866-454-8855
- Emergency and urgent care coverage worldwide and 24/7 support with the Away from Home Travel Line at 1-951-268-3900**

*When appropriate and available.
**This number can be dialed inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you’re outside the country. Long-distance charges may apply, and Kaiser Permanente can’t accept collect calls. The phone line is closed on major holidays (New Year’s Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific time (PT), and reopens the day after a holiday at 4 a.m. PT.
Kaiser Permanente
Emotional Wellness Apps Available at No Cost

Calm
An app for meditation, mental resilience, and sleep designed to help lower stress, reduce anxiety, and more. Calm includes access to:

• 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

myStrength
An app with a personalized program designed to improve your awareness and your ability to adapt to life. myStrength includes interactive activities, in-the-moment coping tools, community support, and more. myStrength features:

• Mindfulness and meditation activities
• Tailored programs for managing depression, stress, anxiety, and more
• Tools for setting goals and preferences, tracking current emotional states and ongoing life events, and viewing your progress

Visit kp.org/selfcareapps to learn more.
Kaiser Permanente members receive one-on-one guidance and support from one dedicated coach. Wellness coaches help patients set goals and provide support and guidance to help them stick to them. Wellness coaches create a customized action plan that outlines small, easy steps that patients can take to:

- Manage weight
- Quit tobacco
- Reduce stress
- Increase activity
- Eat healthier
- Improve sleep

Call 1-866-862-4295 or visit kp.org/coaching to learn more.

*Per IRS guidelines, this benefit is subject to deductible for HSA members.*
Kaiser Permanente
Online Healthy Lifestyle Programs Available at No Cost

Rally
Personalized, online lifestyle programs. Rally features a Total Health Assessment and healthy missions designed to help patients achieve a healthier life. Users can also link certain wearable devices to their Rally accounts to make it easy to track their movement and check their progress.

Members can find advice, encouragement, and tools on a variety of topics, including:

• Eating healthy
• Losing weight
• Moving more
• Sleeping better
• Reducing stress
• Quitting smoking
• Managing health conditions

Visit kp.org/tha to learn more.
Added Value Programs
Expert Medical Opinions Available at No Cost

Advance Medical
Anthem PPO and HMO and Kaiser Permanente members can get answers to healthcare questions and medical opinions from world-leading experts in their fields of specialty through Advance Medical. Members can speak directly with a specialist once their case is established.

Advance Medical can help members when they:

- Are dealing with complex medical conditions
- Are considering surgery or a major procedure
- Have questions about managing a health condition
- Want a second opinion on a documented diagnosis or treatment plan

Visit [Advance-Medical.net/SISC](http://Advance-Medical.net/SISC) or call 1-855-201-9925 to learn more.
Added Value Programs
Discounted Gym Memberships

Anthem and Kaiser Permanente
Members have access to a $25 gym membership (+one-time $25 enrollment fee) at a broad network of participating facilities through American Specialty Health’s Active & Fit Direct program.
Visit ActiveandFitDirect.com to locate facilities and enroll. Members may also call American Specialty Health directly at 1-844-646-2746 for more information.
myStrength

Like a virtual gym for your mind, myStrength provides personalized online resources to help members handle life’s ups and downs, and feel more positive.

Highly interactive, individually-tailored applications empower myStrength users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health.

Members have access to positivity training tools, inspirational videos, articles and quotes, a daily mood tracker and step-by-step eLearning programs.

www.anthemeap.com

Company Code: SISC
Added Value Programs
Counseling Services Available to all Employees at No Cost

Anthem EAP
All employees and everyone in their household have access to up to 6 free and confidential* counseling sessions per issue through Anthem EAP. Anthem EAP features 24/7 telephone access to clinicians and can assist participants in:

- Finding work-life balance
- Parenting a child with special needs
- Dealing with addiction and recovery
- Setting retirement goals
- Getting mental health resources and information
- Just about anything else life throws at you

1-800-999-7222
www.anthemeap.com
Company Code: SISC
Added Value Programs
Counseling Services Available to all Employees at No Cost

Anthem EAP
SISC member district employees and those in their household can take advantage of counseling services at no cost through Anthem EAP. Participants receive up to 6 confidential, in-person or video counseling sessions with a licensed professional. This also program features:

- 24/7 telephone access to clinicians
- Guidance and support on accessing counseling through non-Anthem medical plans
- Online tools, information, and resources and more

1-800-999-7222
www.anthemeap.com
Company Code: SISC
Added Value Programs
Financial Services Available to all Employees at No Cost

Anthem EAP
SISC member district employees and those in their household may consult with financial experts through Anthem EAP. Participants receive unlimited access to financial experts knowledgeable in a wide range of topics. Support may include consultation on the following topics:

- Bankruptcy prevention
- Comprehensive financial fitness
- Debt reduction and management
- Financial planning
- Housing education and purchasing
- And more

1-800-999-7222
www.anthemeap.com
Company Code: SISC
Added Value Programs
Childcare Resources Available to all Employees at No Cost

Anthem EAP
SISC member district employees and those in their households may receive support with childcare resources through Anthem EAP. Participants receive referrals for everything from child care centers and family day care homes to camps, schools, tutors, and more through Anthem EAP. Support may include:

• Resources for gifted and special needs children
• Access to an online library with articles and tips on parenting and child rearing
• Information on health, wellness, and child development

1-800-999-7222
www.anthemeap.com
Company Code: SISC
Added Value Programs

Elder Care Resources Available to all Employees at No Cost

Anthem EAP
SISC member district employees and those in their household may receive support with elder care resources through Anthem EAP. Participants receive confidential caregiver support services provided 24/7 via phone or online through Anthem EAP.

Support may include:

- Qualified Elder Care consultations always available
- Local community resources and assistance
- Articles on caregiving, insurance, and end-of-life decisions available online
- Referrals for in-home care providers, assisted living providers, and skilled nursing facilities

1-800-999-7222

www.anthemeap.com

Company Code: SISC
Flu Vaccines
Available at No Cost

Kaiser Permanent Members:
Free flu shots are available at many Kaiser Permanent locations. Visit kp.org/flu or call 1-800-573-5811/
1-866-706-6358 (Northern/Southern California) for more information on flu clinic hours and locations.