

Kaiser Permanente: Added support to help you thrive



ClassPass reduced rates on fitness classes kp.org/exercise



Reduced rates on specialty care services like acupuncture, chiropractic care, and massage therapy kp.org/choosehealthy



Self-care apps Calm and myStrength kp.org/selfcareapps



On-site health education classes and support groups ² kp.org/classes



Wellness Coaching by Phone kp.org/wellnesscoach



Silver & Fit Healthy Aging and Exercise Program Silverandfit.com