

WELLNESS BENEFITS BY KAISER

SELF-CARE RESOURCES

Kaiser members are able to tap into the power of self-care with additional resources available at <http://kp.org/selfcareapps>

- **Calm:** an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality
- **myStrength:** personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more.

ADDITIONAL PROGRAMS

Kaiser has a variety of healthy lifestyle programs to help make good health a part of your daily habits. Complete a Total Health Assessment to get personalized advice, encouragement, and tools for various topics, including: eating healthy, losing weight, moving more, sleeping better, reducing stress, and quitting smoking. Go to <https://kp.org/healthylifestyles> to get started