A BETTER WAY TO TAKE CARE OF BUSINESS

Mental health and wellness
A Kaiser Permanente overview

kp.org/choosebetter
Member Resources for 2021

“Understanding Mental Health” website

- Contains information on the following topics:
  - How to connect to care
  - What to expect
  - Depression self-assessment
  - Myths and facts about mental health
  - Classes and support groups
  - Understanding your health plan benefits* (need KP member number to access)

- [kp.org/mentalhealth](http://kp.org/mentalhealth)
Digital app: Calm

A powerful experience to help people build resilience through better sleep, mindfulness, and meditation:

- Lower stress
- Reduce anxiety
- Improve sleep quality
- Practice mindfulness and meditation
- Practice mindful movement
- Learn from leading experts
- Available in English, Spanish, French, German, Korean, and Portuguese

The Calm app is not available to Kaiser Permanente Washington members at this time.
Digital app: myStrength

myStrength is a leading full-spectrum digital behavioral health app, offering guided programs and tools in English and Spanish for a range of mental health needs and challenges. It’s based on 8 evidence-based interventions, including cognitive behavioral therapy, and can help in:

- Managing depression
- Controlling anxiety
- Reducing stress
- Practicing mindfulness & meditation
- Improving sleep
- Balancing intense emotions
- Managing chronic pain

myStrength® is a wholly owned subsidiary of Livongo Health, Inc.
Register for Calm and myStrength through kp.org

kp.org
Kaiser Permanente’s home page

kp.org/mentalhealth
Landing page for mental health and wellness information

kp.org/selfcare
Destination for mental health and wellness self-care resources

kp.org/selfcare/apps
Digital app page