



Kaiser Permanente Value-Added Programs

Employer Reference Guide

Flyers specifically tailored for Kaiser value-added program can be found at:

[Kaiser Value-Added Programs | PACE](#)

DIGITAL TOOLS & ACCESS

Kaiser Permanente App & Online Member Portal

Program overview: Provides members with one-stop access to appointments, test results, prescription refills, ID cards, secure messaging, and virtual care services.

How employees access this benefit: Employees register or sign in at www.kp.org or through the Kaiser Permanente mobile app.

Digital Tools & Member Access – MyChart

Program overview: Kaiser is enhancing its digital experience through a redesigned mobile app and online member portal, making it easier for members to manage their care, coverage, prescriptions, billing, appointments, and secure communications in one convenient location. The platform provides streamlined navigation, personalized health reminders, self-service tools, access to medical records and test results, and secure messaging with care teams.

Note: The MyChart experience is currently available for Northern California members. Kaiser is targeting a late 2026 launch for Southern California members.

How employees access this benefit: Employees access digital services through www.kp.org and the Kaiser Permanente app.

Telehealth

Program overview: Kaiser Permanente offers convenient virtual care options that allow members to connect with clinicians by phone, video visit, e-visit, secure messaging, and 24/7 nurse advice, making it easier to access care when and where it is needed.

How employees access this benefit: Visit www.kp.org/getcare or use the Kaiser Permanente mobile app to schedule virtual care appointments. Members may also call Northern California: (866) 454-8855 or Southern California: (833) 574-2273 for 24/7 care assistance and appointment scheduling.

Away From Home Travel Program

Program overview: Helps eligible members receive routine and follow-up care while traveling or temporarily living outside their home Kaiser Permanente service area.



How employees access this benefit: Visit www.kp.org/travel for travel coverage information and care resources while away from home, or call the Away From Home Travel Line at (951) 268-3900 (TTY 711) for assistance locating care and understanding coverage.

Pharmacy Services

Program overview: Provides access to retail pharmacy services, prescription refills, medication history, prescription delivery options, and online pharmacy tools.

How employees access this benefit: Visit www.kp.org/pharmacy or use the Kaiser Permanente mobile app to manage prescriptions and request home delivery.

MENTAL & EMOTIONAL WELLBEING

Mental Health & Addiction Care

Program overview: Provides integrated behavioral health services, specialty mental health treatment, addiction support services, classes, support groups, and self-care resources.

How employees access this benefit: Employees visit www.kp.org/mentalhealth, www.kp.org/mentalhealthservices, or contact their physician for assistance.

Rula – Virtual Behavioral Health Network

Program overview: Provides in-network access to licensed therapists through a digital platform that offers fast appointment scheduling, personalized provider matching, and measurement-based care to support mental health needs.

How employees access this benefit: Employees visit www.rula.com/pace or call (888) 937-5748 (TTY 711), Monday through Friday, from 8:30 AM to 5:30 PM, and ask to schedule an appointment with a Rula mental health provider.

Calm & Headspace Self-Care Apps

Program overview: Offers no-cost digital wellness tools that support stress management, mindfulness, emotional wellness, and sleep improvement.

How employees access this benefit: Employees access available apps through www.kp.org/selfcareapps.

Family & Preventive Care

Maternity & Family Resources

Program overview: Provides comprehensive maternity support, including prenatal care resources, childbirth preparation, breastfeeding support, newborn care education, birth planning tools, and postpartum resources to support a healthy pregnancy and delivery.



How employees access this benefit: Visit www.kp.org/maternity for maternity resources and pregnancy support, kp.org/classes for childbirth, breastfeeding, and newborn care classes, www.kp.org/birthplan to create a birth plan, and www.kp.org/breastfeeding for lactation and breastfeeding support.

Total Health Assessment (THA)

Program overview: An online health assessment that helps members better understand their overall health through a brief questionnaire and provides personalized recommendations, wellness resources, and healthy lifestyle programs to support health improvement goals.

How employees access this benefit: Visit www.kp.org/tha to complete the Total Health Assessment. Employees who have not yet registered for a kp.org account can get started at www.kp.org/registernow. Additional healthy lifestyle resources are available at www.kp.org/healthylifestyles.

WELLNESS & HEALTHY LIVING

Wellness Coaching

Program overview: Provides personalized one-on-one telephone coaching to help members achieve their health goals, including weight management, tobacco cessation, stress reduction, increased physical activity, and healthy eating. Coaching is provided by trained wellness professionals at no additional cost.

How employees access this benefit: Visit www.kp.org/coaching or call (866) 862-4295 (Monday–Friday) to schedule a wellness coaching appointment. No referral is required.

Health Education Classes

Program overview: Offers health education classes designed to support disease prevention, chronic condition management, emotional wellness, healthy weight, pregnancy and childbirth, and lifestyle medicine. Classes are available online and in multiple languages.

How employees access this benefit: Visit www.kpdoc.org/classes to browse and register for available classes.

Healthy Weight Programs

Program overview: Provides weight management and nutrition resources to help members achieve and maintain a healthy weight through wellness coaching, health education classes, individualized support, lifestyle medicine programs, and other evidence-based wellness resources.

How employees access this benefit: Visit www.kpdoc.org/healthyweight for weight management programs and resources, www.kp.org/healthylifestyles for online wellness programs, or call (866) 251-4514 to schedule Wellness Coaching by Phone. Employees can also call (866) 248-0721 for health education classes and individualized nutrition support.



One Pass Select Affinity Fitness Program

Program overview: Provides discounted access to gyms, studios, digital fitness classes, wellness tools, and fitness-related discounts.

How employees access this benefit: Employees learn more and enroll through www.kp.org/exercise.

Lifestyle Medicine Program

Program overview: Helps members improve their overall health through evidence-based lifestyle changes focused on nutrition, physical activity, restorative sleep, stress management, social connection, and avoidance of risky substances.

How employees access this benefit: Visit the Kaiser Permanente Lifestyle Medicine resources at www.kp.org/healthylifestyles for healthy living tools, wellness programs, and lifestyle medicine support.

Nutrition Resources & Healthy Eating

Program overview: Provides nutrition education, healthy eating resources, recipes, cooking classes, and wellness programs to help members develop lifelong healthy eating habits and support overall wellbeing.

How employees access this benefit: Visit www.kp.org/recipes for healthy recipes, www.kp.org/healthylifestyles for online nutrition and wellness programs, and www.kpdoc.org/healthyweight for nutrition and weight management resources.

Tobacco & Vaping Cessation

Program overview: Provides coaching, educational resources, and cessation support to help members quit tobacco and vaping products and maintain a tobacco-free lifestyle.

How employees access this benefit: Call (866) 862-4295 to connect with Kaiser Permanente Wellness Coaching for tobacco cessation support or visit www.kp.org/coaching. Additional resources are available through www.smokefree.gov and Kick It California at (800) NO-BUTTS (800-668-8887).

CHRONIC CONDITION SUPPORT

Diabetes Prevention & Pre-Diabetes Programs

Program overview: Offers resources, education, and healthy lifestyle programs designed to help members reduce their risk of developing Type 2 diabetes and manage prediabetes. Programs focus on healthy eating, physical activity, weight management, and other lifestyle changes that can help delay or prevent the onset of diabetes. Members can access educational resources, health assessments, wellness coaching, and classes that promote long-term healthy habits and diabetes prevention.



How employees access this benefit: Visit www.kpdoc.org/diabetes for diabetes prevention and prediabetes resources, education, and self-management tools. Additional healthy lifestyle programs are available through www.kp.org/healthylifestyles, and members may enroll in health education classes through www.kpdoc.org/classes.

Diabetes Management & Education

Program overview: Provides comprehensive diabetes support services to help members successfully manage their condition and reduce the risk of complications. Resources include diabetes education, nutrition guidance, healthy lifestyle support, wellness coaching, and disease self-management tools. Eligible members may also be referred to the Diabetes Care Management Program, where they work with a diabetes specialist, such as a nurse or pharmacist, who partners with the member, physician, and care team to support blood sugar control, medication management, goal setting, and healthy lifestyle changes. Dietitian support may also be available as part of an individualized care plan.

How employees access this benefit: Visit www.kpdoc.org/diabetes for diabetes education, self-management resources, and support programs. Members may also participate in diabetes-related health education classes through www.kpdoc.org/classes. Participation in the Diabetes Care Management Program may be recommended by a physician or care team when additional support is appropriate. Wellness Coaching is also available to assist with healthy eating, weight management, and other lifestyle goals that support diabetes management.

Heart Health Programs

Program overview: Offers education and support related to blood pressure management, cholesterol reduction, and heart disease prevention.

How employees access this benefit: Visit www.kpdoc.org/PHASE for heart health resources, including information on blood pressure management, cholesterol, wellness coaching, nutrition, and healthy lifestyle strategies.