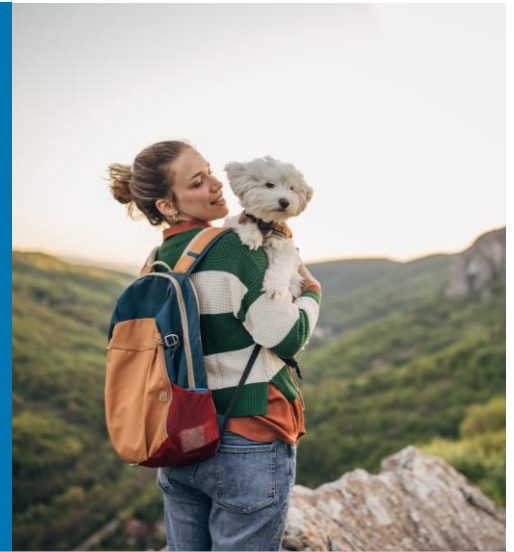


Resources at little or no cost

Explore health & wellness resources



You deserve support for your total health — mind, body, and spirit. These resources can help you reach your health goals and improve your overall well-being. It's care made easy, designed to help you live well and thrive.

For your mental wellness

Go to kp.org/selfcareapps to access apps to help reduce stress, improve sleep, and manage mental wellness at no cost.



Calm – The number one app for sleep and meditation – designed to help lower stress, anxiety, and more.



Headspace – Text one-on-one with an emotional support coach anytime, anywhere.

Explore delicious recipes

Participate in our online cooking classes and get inspired to prepare delicious and healthy dishes by browsing our KP recipes portal.

- Visit kp.org/recipes for our recipe's portal
- Visit [Thrive Kitchen](#) for a list of online cooking classes

Take advantage of these convenient perks – from personal health coaching to reduced rates on fitness centers nationwide. Visit kp.org/health-wellness to learn more.

- Connect to a [wellness coach](#) and work one-on-one with your personal coach to help you reach your health goals.
- Join healthy lifestyle classes with all kinds of [health classes](#) and support groups for everyone.
- Enjoy reduced rates on a variety of health-related services through the [OnePass Select Affinity](#) program.
 - Access to gyms and fitness locations nationwide
 - Grocery and home essentials delivery to make healthy eating easy
- Take control of your total health by taking advantage of completing your [total health assessment](#).

Learn more at kp.org

