

## **Kaiser Permanente Colorado's Healthy Extras video**

Kaiser Permanente is more than a trusted name in healthcare and coverage. In fact, we'd love it if you thought of us as your workout buddy, your confidant, your personal nutritionist, cheerleader, or coach, because we know that optimal health goes way beyond the doctor's office. That's why we offer highly motivational wellness perks, reminders for preventive care, and a variety of health resources that focus on your mind, body, and spirit to help keep you doing what you love.

- Being a Kaiser Permanente member has been so great for my workout routine. Pilates, dance, bootcamp, boxing, you name it. With no cost, unlimited workout videos and reduced rates at thousands of gyms and studios, it's like the best club membership ever. With Kaiser Permanente's personalized healthy lifestyle programs online, I've been able to reach health goals that I thought were out of reach. Kaiser Permanente, definitely not your typical health plan.

- [Narrator] For additional guidance and support to help reduce stress, improve nutrition, and be more active, most plans include one-on-one wellness coaching sessions by phone at no cost to you. Some plans offer wellness incentive programs as well. Self-care apps, as well as resources available at [kp.org](http://kp.org) deliver a healthy dose of mindfulness to support all areas of your life. These resources can help you better understand your emotions, boost mind body awareness, eat healthier, find more opportunities for movement in your day and rest more peacefully. Kaiser Permanente makes it easy to stay on top of your preventive care by reminding you when it's time for screenings, immunizations, and exams. And because we know that physical health is connected to social and emotional health, our care teams use mental and social health screenings to connect members with resources that can improve the quality of their lives. The Kaiser Permanente Community Support Hub features a resource directory of community-based programs and services, as well as Hub Resource Specialists who can help you connect to resources that meet your needs. Cost estimates and financial counseling help make it easier to track and plan for medical expenses and for patients who qualify, medical financial assistance is also available. At Kaiser Permanente, we believe that healthcare should focus on all of you. Membership perks and resources fit seamlessly into your healthy lifestyle to support physical, mental, and social health beyond the appointment. Kaiser Permanente, For all that is you.