

Caring For The Whole You

Mind, Body, and Spirit



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Kaiser Permanente

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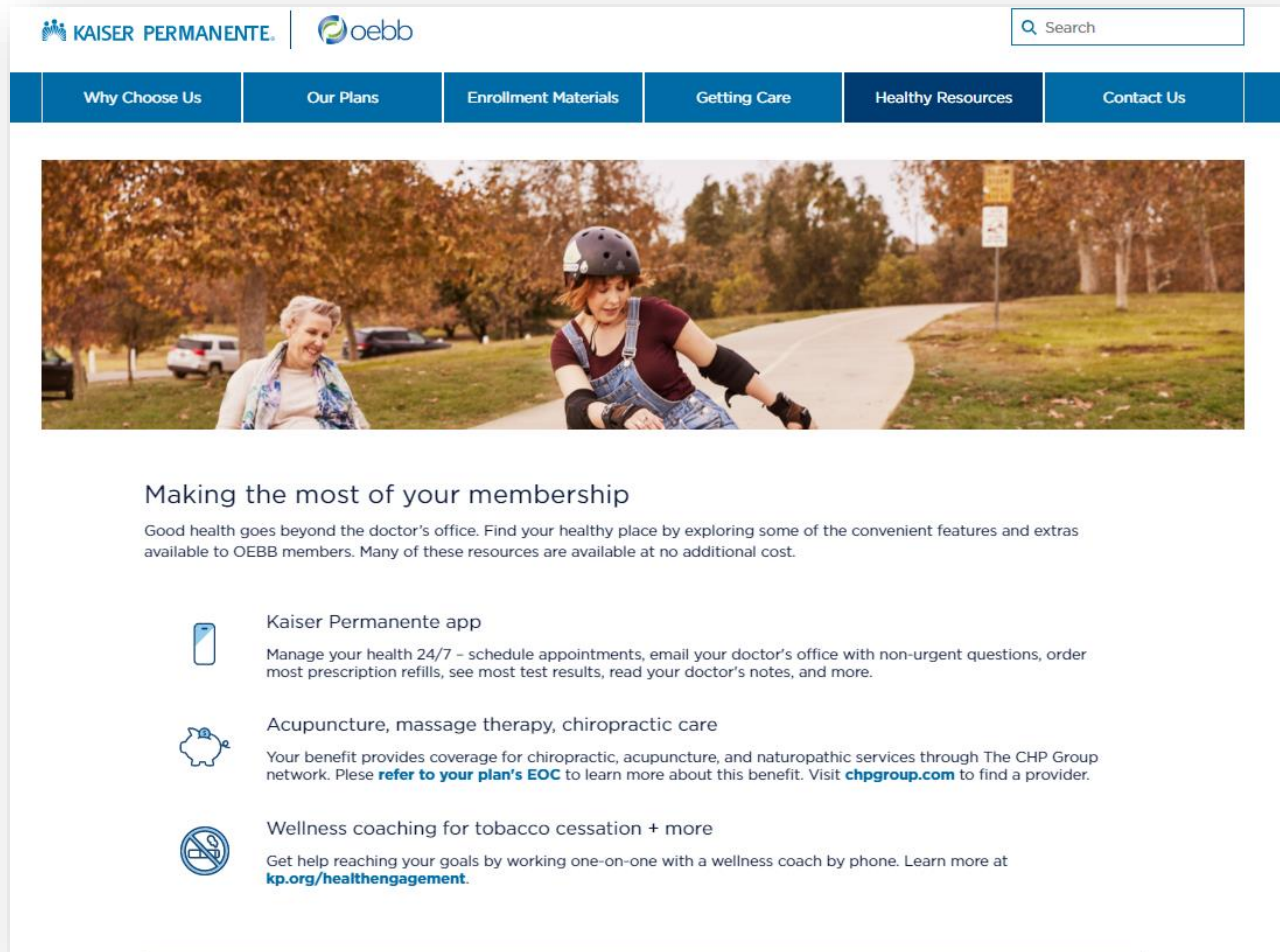


Gallup's 5 Dimensions of Wellbeing






Programs & Resources

Healthy Resources for OEBB Members



The screenshot shows the Kaiser Permanente OEBB website. At the top, there are logos for Kaiser Permanente and OEBB, and a search bar. Below the logos is a navigation menu with the following items: Why Choose Us, Our Plans, Enrollment Materials, Getting Care, Healthy Resources, and Contact Us. The main content area features a large image of two women outdoors, one wearing a helmet and riding a bicycle. Below the image is the heading "Making the most of your membership" followed by a paragraph: "Good health goes beyond the doctor's office. Find your healthy place by exploring some of the convenient features and extras available to OEBB members. Many of these resources are available at no additional cost." There are three resource items listed, each with an icon and a description:

-  **Kaiser Permanente app**
Manage your health 24/7 – schedule appointments, email your doctor's office with non-urgent questions, order most prescription refills, see most test results, read your doctor's notes, and more.
-  **Acupuncture, massage therapy, chiropractic care**
Your benefit provides coverage for chiropractic, acupuncture, and naturopathic services through The CHP Group network. Please **refer to your plan's EOC** to learn more about this benefit. Visit chpgroup.com to find a provider.
-  **Wellness coaching for tobacco cessation + more**
Get help reaching your goals by working one-on-one with a wellness coach by phone. Learn more at kp.org/healthengagement.

<https://mybenefits.kaiserpermanente.org/oebb/healthy-resources>

Special Programs for OEBB Members

OEBB offers additional programs to you and your partners and dependents.



Join WeightWatchers

- OEBB has teamed up with WeightWatchers to bring you a program that gives you real-life solutions to get health at no cost to you.
- You can learn more and choose the plan that fits your lifestyle at [weightwatchers.com/us/oebb](https://www.weightwatchers.com/us/oebb).



Participate in OEBB's HealthyYou wellness platform

- The [Healthy You wellness platform](#) can help you set goals, track your progress, keep you motivated, and provide valuable information along the way.
- This special program is available to all OEBB members, their spouse or partner, and any dependent who is at least 18 years old, regardless of the health plan they choose.



Help with managing pre-diabetes with Omada

- OEBB members who are covered by Kaiser Permanente may be eligible for the Omada program at \$0 cost.
- This program is for members who are 18 years and older and at risk for type 2 diabetes or heart disease.
- Visit [omadahealth.com/oebb](https://www.omadahealth.com/oebb) to learn more.



health education classes

Learn what you can do to improve your health.

- The programs and services we offer underscore our dedication to the promotion of health and the prevention of disease, not just treatment.

Our Health Education Department offers

- Health Classes and Resources
- Health Nutrition and Counseling
- Patient Education Videos
- Online Health tools

Learn more about our health education classes [here](#)



69% of members

who used wellness coaching reduced their stress within one month

wellness coaching by phone

Convenient, ongoing support from a specially trained health professional

Many areas of focus

Whether you want less stress or better sleep, wellness coaches can help. They're not mental health care providers, but they can set up an action plan to keep you motivated toward your health goals.

Convenient scheduling

Phone sessions are available 5 days a week and typically last 20 minutes.

A dedicated partner in health

The same coach will get to know you over multiple sessions — providing tailored guidance at whatever time and frequency works best for you.

Learn more about wellness coaching [here](#)

healthy lifestyle programs

Online health guidance and action items to help build and reach health goals

Total Health Assessment

A quick, 10-minute survey will help us assess your health and medical history.

Goal setting

Based on the answers submitted, we'll help members choose some goals to focus on, like improving your mood, keeping stress in check, and sleeping better.

Activity recommendations

We'll help you form better habits by suggesting a handful of activities they can fit into your daily or weekly routines.



68 activities to jump-start good health

Learn more about Healthy Lifestyle Programs [here](#)

Food for Health Resources

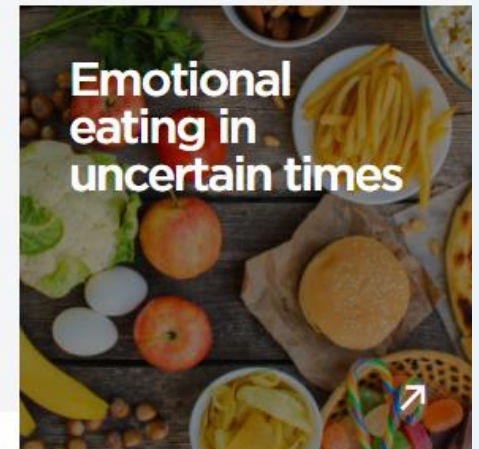
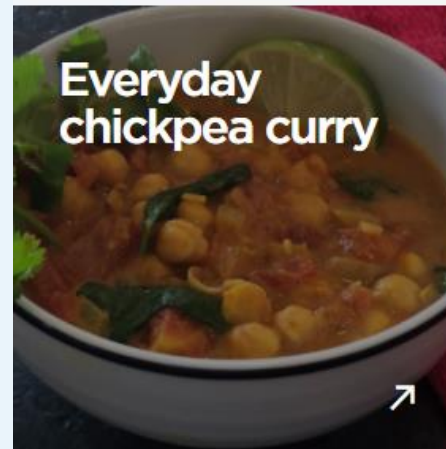
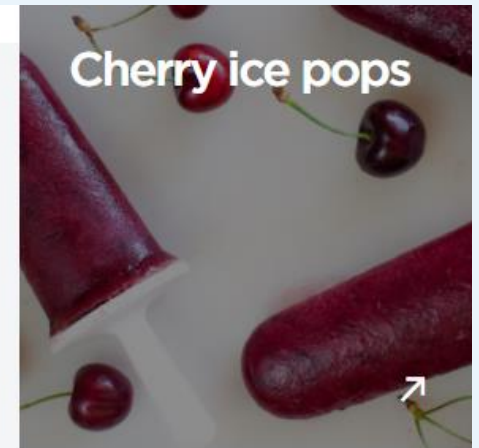
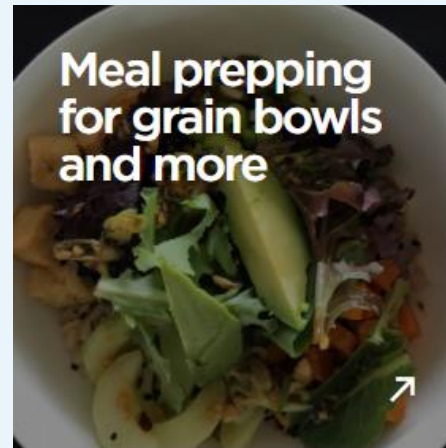
Find easy and delicious healthy recipes! We make it easy to cook and eat wholesome food for a healthier life.

Recipe library

- 700+ Healthy Recipes
- Browse by season, appetizer, meals, and more

Need nutrition advice?

- Meal Prepping
- Plant Based / Vegetarian Diet
- Nutrition when it comes to total health



Access healthy recipes & the food blog [here](#)

ClassPass

- ClassPass is a popular fitness membership program that provides access to thousands of wellness offerings.
- KP members have access to no-cost or discounted virtual and in-person fitness classes.
- Members can sign up for one of two options:
 - No-cost on-demand video library
 - Discounted livestream and in-person workouts
- Go to kp.org/exercise to learn more



Other Member Discounts

CHP Active & Healthy

As a Kaiser Permanente member, you can enjoy no-cost and discounted online tools, classes, programs, and activities that can help keep you happy and healthy.

To explore your options, please visit www.chpactiveandhealthy.com



Choose Healthy

- Explore additional discount options and more at ChooseHealthy
- Discounts on alternative care services, products like Fitbit, Vitamix, Dell, and more
- Reduced rates on Gym Memberships

To explore your options, please visit www.kp.org/choosehealthy, sign-in, and select the ChooseHealthy link to register.

Access from anywhere

Knowing you're covered for care when you're away from home means you can enjoy your time and thrive.



Away from Home Travel Line: 951-268-3900 (TTY 711)

- 24/7 support while traveling
- Get immunization information from our travel clinic
- Find care in another Kaiser Permanente service area
- Assistance with claims reimbursement



24/7 advice by phone

Get advice 24/7 from a registered nurse. No need for an appointment. Phone numbers vary by service area.



Urgent and emergency care

Access more than 1 million doctors for urgent and emergency care through Cigna's in-person locations. In some locations, you can also get 24/7 urgent care by phone or video with a Kaiser Permanente care team.



Kaiser Permanente app and kp.org/travel

Find locations and get answers to common care and coverage questions.



Where can
you start your
mental health or
addiction journey?
ANYWHERE.

Self-Care

Evidence-based, no-cost tools that offer activities and emotional support coaching to improve sleep, boost mood, reduce anxiety, and more.

- Visit kp.org/selfcareapps for resources including Calm, Ginger, and myStrength apps at no cost, as well as helpful articles and activities to support emotional health.⁴

Guided Care

Professional support for achieving individual goals such as behavior change or better relationships.

- Consult with a certified wellness coach by calling 503-286-6816 or 1-866-301-3866, option 2.
- Visit kp.org/healthengagement/classes for a list of classes led by certified professionals.

Emergency Care

Care and support to prevent imminent harm to self or others.

- In case of emergency, go to the nearest emergency department or call 911.

Primary Care

Behavioral health consultants see you for focused sessions to assist with a wide range of physical, emotional, and behavioral concerns that impact your health.

- Visit kp.org/evisits/nw to take an online survey to assess symptoms, like stress, depression, and anxiety. Get options for what to do next.
- Schedule online or call 1-800-813-2000 (TTY 711) to make an appointment with your primary care team or a same-day/next day appointment with a behavioral health consultant. No referral needed.

Crisis Care

Immediate support for issues such as suicidal thoughts, child safety issues, and domestic violence.

- Call the Kaiser Permanente crisis line at 503-331-6425 or 1-866-453-3932.
- Call or text the National Suicide Prevention Lifeline at 988. Spanish language and hard of hearing services are available.

Specialty Care

Evaluation and treatment for conditions that require concentrated, intensive care. Services may include individual office/or virtual visits, group therapy visits, or higher levels of care such as intensive outpatient services.

- For a mental health or addiction medicine assessment, call 503-249-3434 or 1-855-632-8280. No referral needed.

⁴The apps and services described above are not covered under your health plan benefits, are not a Medicare covered benefit, and are not subject to the same set forth in your Evidence of Coverage or other plan documents. The apps and services may be discontinued at any time. The apps and services are neither offered nor guaranteed under coverage within the KPSP Program but are made available to employees and family members who become members of Kaiser Permanente. Calm and myStrength can be used by members 13 years old and older. The Ginger app and services are not available to any members under 18 years old. Some individuals who receive health care services from Kaiser Permanente through some Medicaid programs are not eligible for the Ginger app and services. Eligible Kaiser Permanente members can text with a coach using the Ginger app for 10 days per year after the 10 days, members can continue to access the other services available on the Ginger app for the remainder of the year at no cost. Calm, Ginger, and myStrength are not available to Kaiser Permanente Dental-only members.

Mental health and emotional wellness apps

Everyone needs support for total health — mind, body, and spirit. These wellness apps can help members navigate life's challenges and make small changes to improve sleep, mood, relationships, and more.¹



Calm

Meditation and relaxation app designed to help strengthen mental fitness and help with stress, anxiety, insomnia, depression, and more



myStrength²

Personalized program with interactive activities to track current emotional states and ongoing life events to help improve awareness and change behaviors



ClassPass

Access to thousands of on-demand workout videos, plus live-streaming and in-person exercise classes from top studios worldwide



Ginger — NEW

On-demand emotional support through the Ginger app — Ginger's emotional support coaches are available 24/7 to help with stress, low mood, sleep troubles, and more

Go to kp.org/selfcare to learn more and download apps.

1. These services aren't covered under your health plan benefits and aren't subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice. Only available to Kaiser Permanente members with medical coverage. 2. myStrength² is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.

Kaiser Permanente Mental Health and Wellbeing Resources



Member resources

- [Mental Health and Wellness Services](#) – understand support options and get help
- [Understanding Your Mental Health](#) – content center on where to access care, self-care assessments and more
- [Health classes](#) and [support groups](#)
- [Personalized healthy lifestyle programs](#)
- [Wellness Coaching by Phone](#) for stress, sleep and more
- [Self-care apps](#) for emotional support, meditation, mindfulness and cognitive behavioral therapy
- [Self-care resources](#) with online programs to help manage depression, reduce stress & improve sleep
- [Find Your Words](#) stigma, resilience and mental health support center
- Addiction Medicine
 - Regional: [Get help for addiction | Kaiser Permanente](#) – Phone: 855-632-8280
 - National: <https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/addiction-and-recovery>
- [Youth mental health](#) support and connect with treatment
- [Presence of Mind](#) targets teens to reduce stigma and build resiliency through the gaming community

How to Get Care

Members



- No referral needed
- Personalized treatment plan
- Communication with clinical team (email, phone, video)
- Appointment scheduling:
 - Mental health or Addiction Medicine, call [503-249-3434](tel:503-249-3434) or [1-855-632-8280](tel:1-855-632-8280), weekdays, 8 a.m. to 5 p.m.
 - Primary care, call [1-800-813-2000](tel:1-800-813-2000) (TTY [711](tel:711)) anytime, 24/7.
 - Members may be able to work with a Behavioral Health Consultant in the convenience of their primary care provider's location.
 - Emergency psychiatric services, call [1-866-453-3932](tel:1-866-453-3932), anytime, 24/7. Or dial **988**.

OEBB Workplace Wellness Space Grants

OEBB Workplace Wellness Space Grants

- ✓ Create safe, dedicated, comfortable environments
- ✓ Reduce stress
- ✓ Improve mental health and wellbeing
- ✓ Increase social interaction
- ✓ Promote team building
- ✓ Convey to staff that their wellness matters

[Overview Video](#) (2 minutes)



Canby School District



Linn Benton School District

5 Steps to Get Started

•Step 1:

- Start brainstorming ideas for how your school or district could create or improve wellness spaces to better support staff wellbeing.
 - Book mark [this page](#) for information about the grants, eligibility and guidelines.
 - Watch this [2-minute video](#) to learn more about the grants and hear from a few previous awardees about their experience.

•Step 2:

- Start a list of questions and ideas.

•Step 3:

- Reach out for additional support and get all your questions answered.
 - **CONTACT:**
 - Liz Schwarte at Ad Lucem consulting at liz2@adlucemconsulting.com and Emmie Hiersche at Emmie.hiersche@kp.org.
- Application support could include topics such as:
 - Developing a strong application
 - Presenting clear rationale for why the wellness space is needed
 - Gathering teacher/staff input on wellness space needs
 - Describing activities involved in creating the wellness space
 - Defining realistic outcomes for the wellness space

•Step 4:

- Start preparing for the application process **(OPEN NOW – April 3 – 28th)**

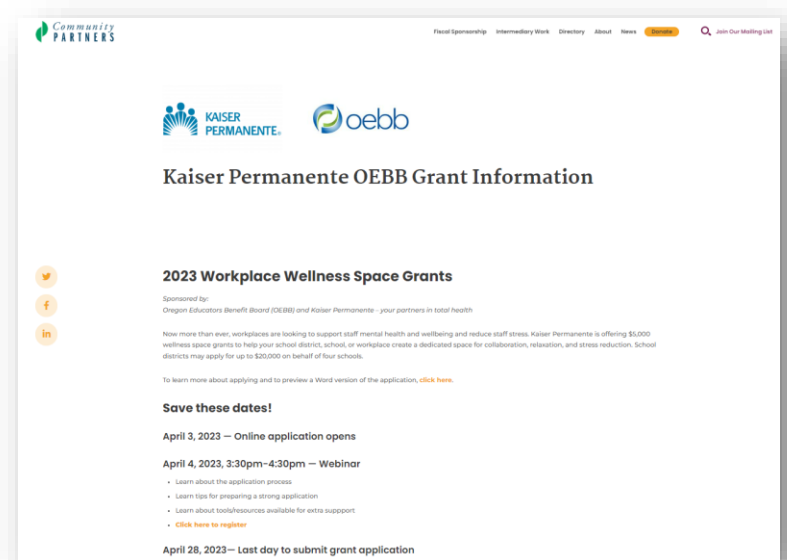
•Step 5:

- Submit your application online between April 3rd – 28th.
- Reach out to us to get your questions answered and support as you work through your application.
 - **CONTACT:**
 - Liz Schwarte at Ad Lucem consulting at liz2@adlucemconsulting.com and Emmie Hiersche at Emmie.hiersche@kp.org.

Learn More

- 2023 Wellness Space Grants [Landing Page](#)
- 2023 Wellness Space Grants [Guidelines](#)
- 2-minute [Testimonial Video](#)

- Questions & Application Support:
 - Liz Schwarte: Liz@adlucemconsulting.com
 - Emmie Hiersche: Emmie.hiersche@kp.org



Thriving Schools

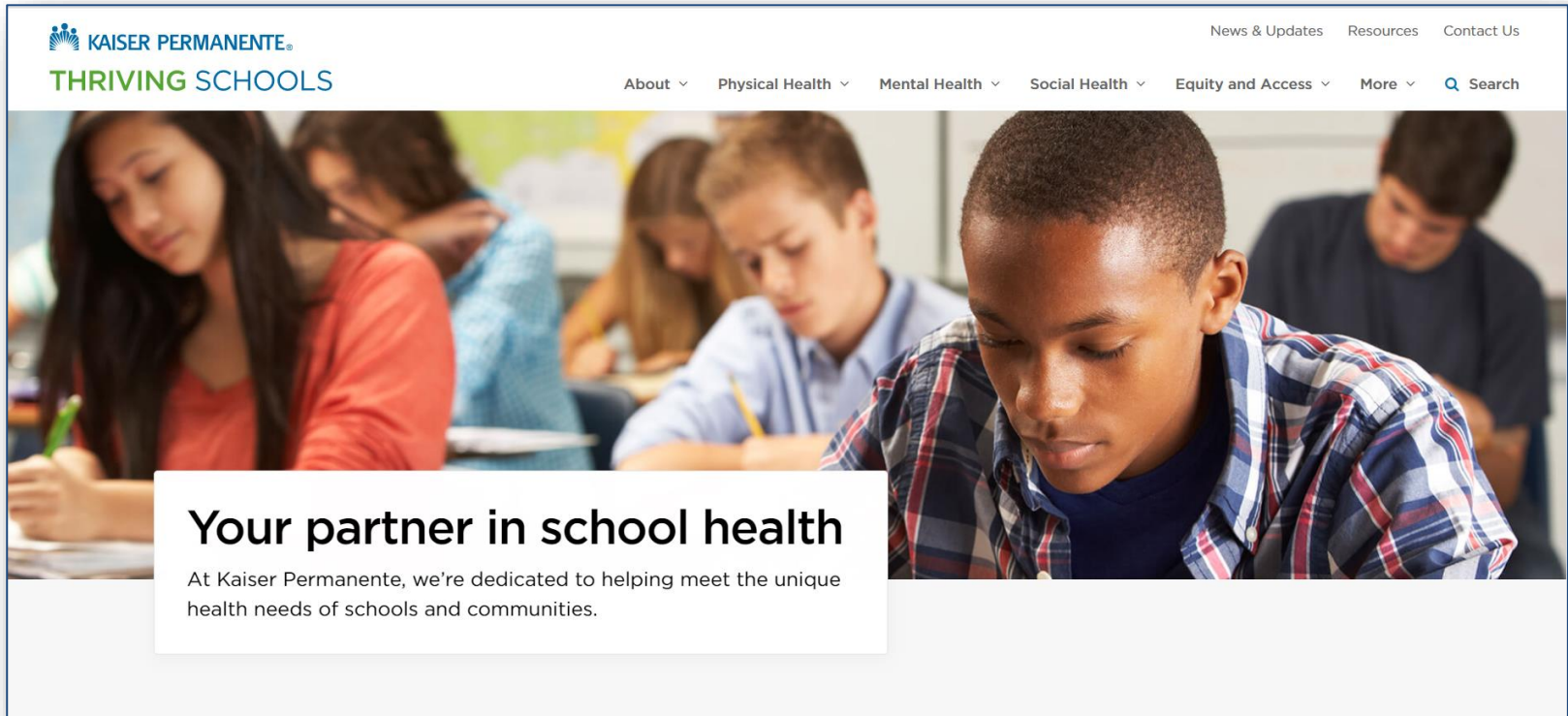
Thriving Schools offers a portfolio of resources



Access Thriving Schools resources [here](#)

Thriving Schools Website |

<https://thrivingschools.kaiserpermanente.org/>



The Action Center

Let's create a Healthier Generation!

Kids' physical, emotional and social well-being are inseparable. Healthy kids do better in school, at home, and in life.

Our Action Center provides tools, guidance, and training to support schools and out-of-school time sites in creating healthier environments that empower kids to thrive.

- Assess the health and wellness of your school, district, or out-of-school time site
- Increase resilience of students and staff with the RISE Index, presented in partnership with Kaiser Permanente
- Access resources and trainings on physical education & activity, employee wellness, nutrition, social-emotional health and learning, policy, and more

Ready to get started?

Take 1 minute to create your free account.

CREATE YOUR ACTION CENTER ACCOUNT

Already have an Action Center account?

Email

Password

Show Password Keep me signed in

LOG IN

[Forgot your password?](#)

Resources

Search Tag Language Type



TOBACCO & VAPING

Resources for Tobacco-Free & Vaping-Free Schools

Access resources support tobacco-free and vaping-free school environments, in collaboration with the CVS Health Foundation and Campaign for Tobacco-Free Kids.



PHYSICAL ACTIVITY, WALKING CLASSROOM

The Walking Classroom

Walk, listen, and learn to get moving without sacrificing instructional time. The evidence-based program's "Walk, Listen, and Learn" methodology capitalizes on the favorable link between physical activity and cognitive function.



Kohl's Healthy at Home for Educators

Catalog of success stories, tips, and training to meaningfully engage families, students, and staff in promoting health and wellness.



5-Week Guides for Creating a Caring School Community

'Grab-and-go' resources to co-create a caring, supportive school environment with students, staff, and families.



FAMILY ENGAGEMENT, DISCIPLINE, TRAUMA-INFORMED, FOOD AC...

Build Your Referral Pathway

Connect people to resources in a timely, consistent, and equitable way by implementing a clearly defined referral pathway.



AMERICA'S HEALTHIEST SCHOOLS

Recognizing schools who lead the way in health and wellness

Healthier Generation's signature award program honors schools for the top role they play in advancing the health and well-being of students, staff and families.

The honor of being named one of America's Healthiest Schools opens by offering national and through consistent promotion of the distinction through national media and in their local community.

Apply for recognition in up to nine topic areas:

All schools in a single topic area must be "Fully A-Flour" during the 2022-23 school year before the submission deadline.

Increasing Family & Community Engagement

Partner with parents and caregivers to meaningfully engage students and staff in school activities, and ensure all students are included in social events of health.

Strengthening Social-Emotional Health & Learning

Provide a safe and supportive environment for students to learn, grow, and thrive. Implement evidence-based social-emotional learning curricula, provide mental health services, and create opportunities for students to engage their

AMERICA'S HEALTHIEST SCHOOLS

Flyer | 2023 America's Healthiest Schools Award Application

Download this flyer to encourage schools in your community to apply for national recognition by April 18.

Healthier Generation resources [here](#)

Educational Theatre



Celebrating 35 years of service, Kaiser Permanente Educational Theatre educates, engages, and inspires individuals to make informed decisions about their health through the power of arts, storytelling, and human connection.

Educational Theatre offers award-winning, interactive performances and workshops to schools throughout the Kaiser Permanente footprint.

For more information, please visit:
kp.org/educationaltheatre

Or email us at:
educational-theatre@kp.org





Questions?

Survey

- For “Event ID” use **07**
- Today’s date is **04-10-2023**
- Two easy options:
 - Open browser and type in <https://tinyurl.com/2023KPWebinar>
 - Open your smartphone camera and focus it on the QR code and then click on the notification that pops up

