

DECEMBER 2021 - MIND BODY WELLNESS RESOURCES

KP Members Only Resources		Non-Members Resources	
Mental Health and Emotional Wellness Ways to Gain Mind-Body Balance	kp.org/mindbody	Mental Health and Emotional Wellness Ways to Gain Mind-Body Balance	kp.org/mindbody
Self Care Self-care tools, tips, and activities for emotional wellness	kp.org/selfcare	Self Care Self-care tools, tips, and activities for emotional wellness	kp.org/selfcare
KP Website Health Guides, Conditions & Diseases, Drugs & Natural Medicines, and more	kp.org	KP Website Health Guides, Conditions & Diseases, Drugs & Natural Medicines, and more	kp.org
KP Website Online Content in Spanish	kp.org/espanol	KP Website Online Content in Spanish	kp.org/espanol
Stress Management What is it and what can you do about it	kp.org/stressmanagement	Stress Management What is it and what can you do about it	kp.org/stressmanagement
Men's Guide to Good Health Simple Ways to Feel Your Best, Man Maintenance, and Sex & Relationships	kp.org/menshealth	Men's Guide to Good Health Simple Ways to Feel Your Best, Man Maintenance, and Sex & Relationships	kp.org/menshealth
Women's Guide to Good Health Look & Feel Your Best, Conditions A to Z, and Sex & Relationships	kp.org/womenshealth	Women's Guide to Good Health Look & Feel Your Best, Conditions A to Z, and Sex & Relationships	kp.org/womenshealth
Create Healthy Habits Eat Well, Be Active, Live Better	kp.org/mydoctor/healthyweight	Create Healthy Habits Eat Well, Be Active, Live Better	kp.org/mydoctor/healthyweight
Staying Healthy Health Topics and Life Stages	kp.org/mydoctor/stayinghealthy	Staying Healthy Health Topics and Life Stages	kp.org/mydoctor/stayinghealthy
Preventive Care Immunization & Screening, and Healthy Habits	kp.org/prevention	Preventive Care Immunization & Screening, and Healthy Habits	kp.org/prevention
Drug Encyclopedia Search or Browse	kp.org/medications	Drug Encyclopedia Search or Browse	kp.org/medications
Natural Medicines A Guide to Vitamins, Herbs, and Supplements	kp.org/naturalmedicines	Natural Medicines A Guide to Vitamins, Herbs, and Supplements	kp.org/naturalmedicines
Health Encyclopedia Research Health Topics	kp.org/health	Health Encyclopedia Research Health Topics	kp.org/health
Symptom Checker Check Your Symptoms	kp.org/symptoms	Symptom Checker Check Your Symptoms	kp.org/symptoms
Pregnancy Cope with emotional changes during pregnancy	kp.org/pregnancy	Pregnancy Cope with emotional changes during pregnancy	kp.org/pregnancy
Interactive Tools BMI Calculator, When are you most fertile, Kids games and activities, and more	kp.org/tools	Interactive Tools BMI Calculator, When are you most fertile, Kids games and activities, and more	kp.org/tools
Quit Smoking Guide to Smoking Cessation	kp.org/quitsmoking	Quit Smoking Guide to Smoking Cessation	kp.org/quitsmoking
Health Videos Watch and Live Healthier	kp.org/video	Health Videos Watch and Live Healthier	kp.org/video
Fitness Fitness for Life and Health	kp.org/fitness	Fitness Fitness for Life and Health	kp.org/fitness
Heart Health Prevention, Diagnosis, and Heart Disease	kp.org/heart	Heart Health Prevention, Diagnosis, and Heart Disease	kp.org/heart
Healthy Aging Living Well Longer	kp.org/healthyaging	Healthy Aging Living Well Longer	kp.org/healthyaging
Weight Weight and Your Health, Reach Your Ideal Weight, and Fit Kids & Families	kp.org/weight	Weight Weight and Your Health, Reach Your Ideal Weight, and Fit Kids & Families	kp.org/weight
Nutrition Prevention, Diagnosis, and Heart Disease Care	kp.org/nutrition	Nutrition Prevention, Diagnosis, and Heart Disease Care	kp.org/nutrition
Healthy Eating How to Eat Healthier, Shopping & Cooking, For Your Family, and Food for Thought	kp.org/nutrition	Healthy Eating How to Eat Healthier, Shopping & Cooking, For Your Family, and Food for Thought	kp.org/nutrition
Healthy Recipes Recipes for Life	kp.org/foodforhealth	Healthy Recipes Recipes for Life	kp.org/foodforhealth
KP Farmers' Market Find One Near You	kp.org/farmersmarkets	KP Farmers' Market Find One Near You	kp.org/farmersmarkets
Health Education Classes	kp.org/classes (Fees may apply)	Health Education Classes	kp.org/classes (Fees may apply. Most classes available to all)
Complementary and Alternative Care A Total Approach to Care	kp.org/cam	Complementary and Alternative Care A Total Approach to Care	kp.org/cam
resilience, finding support for yourself & supporting someone else	findyourwords.org	resilience, finding support for yourself & supporting someone else	findyourwords.org
Calm The #1 app for meditation and sleep — designed to help lower stress, reduce anxiety, and more. (Available at NO cost to members.)	kp.org/selfcareapps		
myStrength The #1 full-spectrum digital behavioral app offering a personalized interactive program to help improve awareness and change behaviors. Core focus areas include managing depression, insomnia, stress, anxiety, nicotine recovery, and more. (Available at NO cost to members.)	kp.org/selfcareapps		
and reduced rates on livestream and in-person fitness classes.	kp.org/exercise		
Active&Fit Direct Gym membership to more than 11,000 participating fitness centers nationwide at a special rate.	kp.org/exercise		
Healthy Lifestyle Customized On-line Wellness Programs	kp.org/healthylifestyles		
Total Health Assessment Online Survey - Boost Your Health	kp.org/tha		
Choose Healthy Complementary & Alternative Care Discount Program <i>(Reduced Rates: acupuncture, chiropractic care, massage therapy, fitness facility membership, vitamins, herbs, supplements & wellness resources)</i>	kp.org/choosehealthy		
Telephonic Wellness Coach Get Extra Support to Make Healthy Behavioral Changes and Stick With Them <i>(5-Programs: Fitness/Get Moving, Healthy Eating, Weight Management, Stress Relief & Quit Smoking)</i>	kp.org/wellnesscoach		