

Support for emotional wellness

Try our on-demand self-care apps today at no additional cost

Get help with anxiety, stress, sleep, mood, and more. Anytime you need it.

Kaiser Permanente members can explore 3 evidence-based apps:^{1,2,3}



Calm

The #1 app for meditation and sleep. You can choose from hundreds of programs and activities, including:

- Guided meditations
- Sleep Stories
- Mindful movement videos



headspace

Formerly called Ginger, Headspace Care offers 1-on-1 emotional support coaching and self-care activities for many common challenges.

- Coaches are available by text 24/7
- You can use Headspace Care text-based coaching services at no cost, no referral needed^{4,5}



myStrength[®]
by Teladoc Health

myStrength Complete offers:

- Teletherapy with a licensed therapist—in the comfort of your own home
- Telecoaching via live video sessions with a certified coach
- Digital courses and content personalized for your interests and goals⁶



Visit kp.org/selfcareapps to get started.

¹The 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 terms set forth in your *Evidence of Coverage* or other plan documents. The apps and services may be discontinued at any time.

²The apps and services are neither offered nor guaranteed under contract with the FEHB Program, but are made available to enrollees and family members who become members of Kaiser Permanente.

³Calm can be used by members 13 and over. The Headspace Care app and services are not available to any members under 18 years old.

⁴Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Headspace Care app and services.

⁵Eligible Kaiser Permanente members can text with a coach using the Headspace Care app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace Care app for the remainder of the year at no cost.

⁶Psychiatry is not included in the myStrength Complete membership. myStrength Complete by Teladoc Health is available to members 18 and older who do not have a Maryland Medicaid health plan. Some of these services may not be covered under your health plan benefits and may not be 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. myStrength[®] is a wholly owned subsidiary of Livongo Health, Inc.

Calm, Headspace Care, and myStrength Complete are not available to Kaiser Permanente Dental-only members.

Learn more at kp.org/selfcareapps.

