

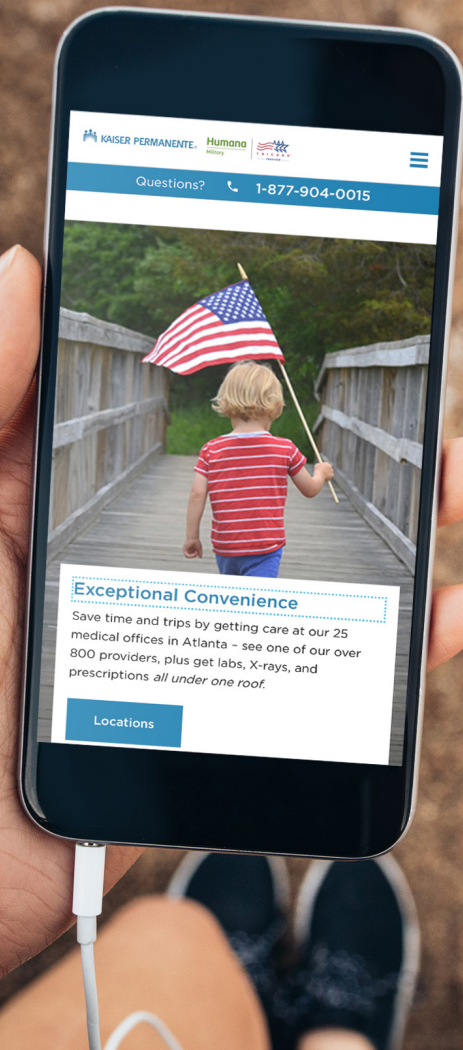
A HEALTH RESOURCE GUIDE

# Your road to wellness starts here



KAISER PERMANENTE®

**Humana**  
Military







**Service and Sacrifice.** You live this commitment every day. At Kaiser Permanente, we also have a commitment – to improve the health of our military families and veterans. That’s why we have created this booklet to connect you to immediate, free health and wellness resources and help you thrive!

**Better Health and Wellness.** From classes to health apps and much more, you’ll find ways to access our free health and wellness resources for you and your family.

**Added Levels of Local Support.** Having a support system is very important to your overall health and well-being. So, we’ve partnered with local organizations like VETLANTA, Georgia Military Women, and the Veteran’s Empowerment Organization to help strengthen the Atlanta military health system.

**Your Advocates in “Total Health”.** We’re here for you. Caring for your health and well-being from head to toe is our mission. Because of this, we work hard to promote and improve military family readiness and resiliency. We work collaboratively with The Military Coalition and its 33 MSOs to support the health needs of the military community and encourage our Kaiser Permanente TRICARE Prime option members to work alongside our care team members in our Member Advisory Council. These forums help us to help you.

If you would like to learn more about local support or advocacy, please contact Terrill McFarland, Deputy Director of Military Health Programs at [Terrill.D.McFarland@kp.org](mailto:Terrill.D.McFarland@kp.org).

**Proud Military Friendly Employer.** In addition to health resources, we also recognize as members of the U.S. military, you and your spouse have unique qualifications to contribute in the workplace. Having you join our ranks is a privilege. Check out [kaiserpermanentejobs.org/military](https://kaiserpermanentejobs.org/military) to learn more about career opportunities for veterans and spouses.



**Military Strong.** We’ve been supporting military veterans and their families since World War II. Through health resources, career opportunities, support and advocacy, you can count on us to continue to be there for you and your family.



We honor all who have served and look forward to being your guide and partner on the road to wellness.





## Welcome to Kaiser Permanente's “total wellness” approach.

### FIRST, WE SALUTE YOU AND WANT TO GIVE YOU A PAIR OF THANK YOUS:

Thank you for your service to and sacrifice for our country.

Thank you for spending your valuable time learning more about how to live a healthy, thriving life.

**Wellness, defined.** What's the difference between Kaiser Permanente's total wellness and other approaches to health care, diet, and exercise? While the more traditional route might be to get an annual physical, call the doctor when feeling ill, and to fall in and out of eating healthier and exercising, our total wellness is a holistic, easily accessible, multi-faceted approach to overall health and well-being.

With this focus on total wellness, we assist you on your journey to a healthy lifestyle that can lead to feeling better and staying healthier. And by supporting you in making small changes now, we might even be able to help you avoid serious health issues in the future.

**Kaiser Permanente and you.** Whether you are active duty, retired or a military family member, you know and we know the key to resilience is a strong mind, strong body and strong will. That's why our wellness programs are designed for just that. The goal of this book is to help you understand the total health and wellness resources available here at Kaiser Permanente. In the pages that follow, you'll explore information, resources and tools to maintain and even improve your health. Truly a wealth of resources that can assist you in your quest for a long, healthy, thriving life.

The illustration on the next page represents the various programs,

products and services that make up our complete total wellness package. Including

- Health information you can access on demand.
- A variety of health and fitness programs.
- Thoughtful, easily-accessible resources for mental wellness health.
- And, a growing collection of ideas around healthy living.

We will also touch on a unique model of connected care that smooths the way for faster access to healthcare resources – with less need for referrals.

**Off we go.** Whether you are new to our programs – or already a Kaiser Permanente TRICARE Prime option member – there is something here for you. We hope you'll review the whole book to discover the best ways to create a wellness plan that fits you and your family. Or simply scan through the Table of Contents, and jump straight to a topic of interest.

We're excited to get you started on your wellness journey. Our goal is to be your go-to source for information and ideas about everything related to health and health care. And remember: reach out to us with any questions or comments. You'll find links and readily available contact information throughout the book.

**So, let's get started.**

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Health guides. Self-assessments. Stress management. And, much more.	Creative ideas to keep you thriving at home and at events.	In-depth resources to help you stay healthy in mind, body and spirit.	Ways to keep moving and put cash in your pocket.	Quality care and service with less need for referrals.	The road to healthier living starts here.
Online or in-person options.					
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If you want to learn more about what makes a body and mind function at their best, take a look at our complete Health Education resources. Enjoy free access to the [kp.org](https://kp.org) website and all it has to offer including our Health and Wellness, Healthy Living and Thrive Together sections where you'll find:

- **A series of audio meditations geared toward health and wellness:** Through guided imagery and affirmations, you can access your body's natural tendencies to repair and heal. Listen as often as you like for maximum benefit and as a complement to traditional medicine. Topics include:
  - › Undergoing surgery
  - › Pain relief
  - › Pregnancy and childbirth
  - › Strong immune system
  - › Reduction of menopause symptoms
  - › Healthy heart
  - › Headache relief
  - › Cancer, chemotherapy and radiation
  - › Chronic fatigue and fibromyalgia
- **Lots of additional health resources like:**
  - › **Online health guides:** Take a look at the short list below and start exploring. You can dig into information, tools and contacts to help you navigate life and health. When you are ready for the full list go to [Health and Wellness](https://kp.org) on [kp.org](https://kp.org).
    - » Alcohol
    - » Birth control
    - » Cancer
    - » Colds and flu
    - » Depression
    - » Diabetes
    - » Heart health
    - » HIV/AIDs and STDs
    - » Life care planning
    - » Mental health
    - » Pain management
    - » Pregnancy and new baby
    - » Senior health
    - » Women's health

Simply visit "[all podcasts](https://kp.org)" podcasts and seek out the topics that meet your needs.

## HEALTH EDUCATION

Exploring healthier living  
can be a real education.

## In addition, as a Kaiser Permanente TRICARE Prime option member, you can enjoy even more Health Education and motivational resources such as:

- **WELL TRAVELED:** A brand new, competitive online program that helps our TRICARE Prime option members stay focused and motivated on the path to better health. Record physical activity, enjoy free online classes, and more – earning points and pins as you go. You can even create a team of “travel companions” to add to the fun.
- **TOTAL HEALTH ASSESSMENT:** After answering some quick questions about health, daily habits and medical history, members receive a personalized health profile on the spot. This profile provides insights into overall health – including tips on how to improve it.
- **HEALTHY LIFESTYLE PROGRAMS:** Online programs help our members eat healthy, lose weight, quit smoking, manage stress, sleep better, and more.
- **WELLNESS COACHING:** Consults available by phone at no cost for our members. 1:1 guidance and support from a dedicated coach and no referral is required. Sessions are based on readiness to make a change and help our members to set goals, stick to them and see results!
- **SUPPORT GROUPS AND SOCIAL SUPPORT:** Need a little bit of encouragement to help you stay on the path to a healthier life or struggling with your recovery? Our member-led support groups provide a safe space for group members to help each other through challenging times.
- A comprehensive [Health Encyclopedia](#): Search information about medical conditions, symptoms and medical procedures. Find over 4,000 topics to give you the information you need to learn the basics, get self-care or be directed to a medical team.
- **An in-depth, online [Symptom Checker](#):** Are you experiencing some symptoms and want advice from a trusted source? This resource has profiles for women, men and children.
- **A thorough [Drug Encyclopedia](#):** Inquire about prescription and over-the-counter drugs – how they work, possible side effects, and more.
- **An exhaustive [Natural Medicine Database](#):** Research reliable information about the safe, effective use of vitamins, herbs, and other supplements. Understand how these holistic solutions interact with other medications you might be taking and minimize your risks of adverse reactions.
- **Free online classes:** Find live virtual classes in the Healthy Living section of [kp.org](#). Industry experts help guide you on topics like [Adult Weight Management](#), [Heart Healthy Living](#), and [Whole Plant Based Diet](#).
- **Helpful, informative articles:** In the [Thrive Together](#) section of the [kp.org](#) website you’ll find guidance on staying active, suggestions for learning how to relax, and options for improving your mental health and well-being. You will also find tips on how to choose the best foods for mood balance, workouts that support mental health, and coping strategies to manage anxiety. You’ll even find strategies to incorporate the power of positive affirmations into your daily life.



## HEALTH &amp; WELLNESS RESOURCES

## Health & Wellness for Every Season.

In addition to all of the online and in-person wellness resources, TRICARE beneficiaries have access to some surprising benefits and ideas for creative living. From wholesome recipes...to the ABCs of gardening with kids...to healthy eating during cold and flu season and as you manage the stress of the holidays...we're with you every step of the way.

**Wellness around the kitchen table.**

One of the best ways to promote health and wellness in your family is to focus on food preparation and nutrition. We believe eating healthy can be both easy and delicious. On our [Food for Health](#) page you'll discover recipes for meals that are truly good enough to eat! You'll also find fun food related activities for you and your kids and other useful tips and information.

**Wellness throughout the holidays**

**– and beyond.** Holidays are meant to be full of joy. But they can also be full of stress. While it's great to share special meals with your family, the holidays can also lead to over-indulgence and emotional eating. Plus, family gatherings can spread more than good cheer. They can also spread viruses and other illnesses. So, our gift to you is ideas that will

help you be intentional with your eating when the pressure is on. Go to our [Food for Thought](#) page on [kp.org](#) and enjoy.

**Wellness in the community.** Because we know how important you and your loved one's service to our country is, we want to give back and help military families be healthy and have fun. So, we're excited to be an annual sponsor of Veteran's Day at Zoo Atlanta. We also host free monthly events like virtual cooking classes with professional chefs and Health and Wellness Lunch and Learns. We even have health fairs you can drive-thru. For more information on current events go to the [Community Events](#) section on [kp.org/TRICARE](#)



## MENTAL HEALTH AND WELLNESS

**Supportive resources  
available when needed.**

Our Wellness programs are all about having a healthy body – and a healthy mind. But for many of us it's easier to talk about our physical aches and pains, but not always easy to admit we are feeling overly stressed, anxious, depressed or dependent on a substance to help us cope.

In the fight to achieve better mental health, often the greatest weapon is the truth. So, let's begin by revealing some common myths about mental health – and replace those myths with the facts.

**Myth:** People with mental health conditions don't get better.

**Fact:** Treatment works for more than 80% of people who get help for depression, and as many as 90% of people who get help for panic attacks.+

**Myth:** People with mental health conditions are just weak.

**Fact:** Anyone can have mental health issues. There's no single cause – and it's no one's fault.

**Myth:** If I get treatment, my employer will find out.

**Fact:** Your medical records are private. You can't lose your job or your health care coverage because you get treatment for your mental health, or an addiction.

**Myth:** If I get treatment, I'll have to take medication.

**Fact:** There are many kinds of treatment. Some of these treatments involve medication. Others don't. Medication is often used in combination with other kinds of treatment, such as counseling or self-care.

**Think you might be depressed?** If so, it's easy to find out. Take a quick [depression self-assessment](#) (for adults 18 and older) on [kp.org](#). Nine simple questions – and it only takes a minute or two. No personal information is required and your answers won't be shared or saved.

**Don't wait to seek help.** Our [findyourwords.org](#) support center can help you start a conversation or get support for yourself or someone you care about today.



## Additional Member Mental Wellness Resources

Our Kaiser Permanente members also have access to a handy, thoughtful variety of self-care tools, tips and healthy activities, including:

- Valuable self-assessment tools to help you manage stress, see if you are too dependent on alcohol, and find out if you might benefit from seeking support for depression.
- Comprehensive addiction and recovery support.
- Individual therapy, psychiatry, group counseling, health classes.
- Downloadable apps to encourage a healthier state of mind. Sleep better, boost your mood, enhance parenting skills, and enrich your relationships.

Like these:

- › MYSTRENGTH APP: A personalized program that helps boost your awareness and change behaviors.
- › CALM APP: The number one app for meditation and sleep so you can lower your stress and relieve anxiety.







## Where healthier living takes shape.

We are so excited to introduce BurnAlong. Now, whether you are a Kaiser Permanente member or not, you get **FREE access to hundreds of hard-core virtual workouts and online classes.** Up to five family members or friends can join, have fun and hold each other accountable. Just log in [here](#).



At Kaiser Permanente, our TRICARE Prime option members can receive up to **\$400 in cash rewards per household each year**. And we don't make you jump through hoops to qualify. Just complete a Total Health Assessment and some biometric screenings and you can use your cash reward to pay for qualifying medical expenses, including:

Cost-sharing expenses, such as copays  
Costs for dental care  
Prescription eyeglasses or contact lenses  
Additional IRS-qualified medical expenses

**And there's more -- all kinds of discounts and free resources are available to Kaiser Permanente, TRICARE Prime option members.**

- Up to 25% off on complementary and alternative care services ranging from acupuncture, to chiropractic care, to massage.
- Discounts on popular health and fitness products. Including wearables, activewear, and fitness equipment.
- Access to gyms across metro Atlanta (and over 10,000 nationwide) for just \$25 a month, plus a \$25 initiation fee. Offered through the ActiveFit Direct program.
- **Class Pass: Free**, unlimited on-demand video workouts and reduced rates for live streaming and in-person classes.

Learn more about rewards and discounts by visiting the [Rewards, Discounts & Free Programs](https://kp.org/TRICARE) page on [kp.org/TRICARE](https://kp.org/TRICARE)

## WELLNESS REWARDS PROGRAM

**Discover the true rewards of wellness.**

Our Kaiser Permanente TRICARE Prime option members also have exclusive access to our unique and convenient approach to connected care. Here's how:

- Doctors are connected through a personalized electronic medical record. That means they can consult with each other without the need for referrals.
- All our available doctors welcome our TRICARE Prime option members, so you don't have to worry whether they'll accept TRICARE
- View lab results on [kp.org](https://kp.org) as soon as they are available.
- Message your doctor and make appointments online.
- Streamline the entire process – from diagnosis through treatment.

Receive quality care that's convenient – and coordinated. Only for Kaiser Permanente TRICARE Prime option members.

If you want to better understand how coordinated care works, [click here](#) to watch a short video.

A photograph of three healthcare professionals walking down a bright, modern hospital hallway. On the left is a man in light blue scrubs, smiling and gesturing with his hands. In the center is a woman in a white lab coat over an orange top and black skirt, also smiling. On the right is another woman in a white lab coat over a red top and a patterned skirt, holding a clipboard and smiling. They are all looking towards the right side of the frame.

## CONNECTED CARE

**The connection between  
you and better care.**



Our goal is simple yet bold: We want to be your single destination for total health and well-being. We welcome everyone in the military community. Think of this information as a doorway to a life of ever-expanding wellness. This is your invitation to Thrive!

If you are not yet a Kaiser Permanente TRICARE Prime option member and would like to learn more, visit [kp.org/TRICARE](https://kp.org/TRICARE) or call Terrill McFarland, Deputy Director of Military Health at 770-864-0262 or send her an email at [Terrill.D.McFarland@kp.org](mailto:Terrill.D.McFarland@kp.org)

For detailed information about our Rewards Program and other exclusive benefits, Kaiser Permanente TRICARE Prime option members can visit the Member section of [kp.org/TRICARE](https://kp.org/TRICARE).

A close-up photograph of a man in a military uniform holding a young child. The man is on the left, wearing a camouflage uniform with a US flag patch on his sleeve. He is looking down at the child with a gentle expression. The child is on the right, wearing a colorful plaid shirt, and is looking up at the man. The background is blurred, showing an indoor setting.

INVITATION TO THRIVE!

**Destination Wellness.**

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