

ONLINE TOOLS AND RESOURCES

A dynamic suite of resources for your wellness strategy



Building a culture of health doesn't happen overnight. It requires leadership buy-in, a supportive environment, and a robust communication plan. You can find the tools to do that and more at kp.org/workforcehealth – all at no cost to you.

Foundational workforce health toolkits and guides

New to workforce health? Build a strong foundation with these resources.

- Starting a workforce health program toolkit
- Workforce health resource guide
- Wellness committee toolkit
- Healthy meetings guide
- Walking for workforce health toolkit

Policy and environment toolkits

Make health-related objectives part of your company policy.

- Healthy Eating at Work food policy toolkit
- Tobacco-Free Campus toolkit

Program-based toolkits

Engage your employees in healthy behavior changes.

- Finding Balance stress management toolkit
- Maintain Don't Gain weight management toolkit
- Rest and Revive sleep management toolkit

4 steps to success

Our hands-on toolkits walk you through the process of designing a successful program in 4 basic steps:

- 1. Assess** – Use data to learn where your company stands on workforce health.
- 2. Plan** – Set goals, schedule activities, and develop a communications strategy.
- 3. Engage** – Launch and promote the program to your workforce.
- 4. Measure** – Evaluate your program's success and set future goals.

Online tools let employees stay on top of their health

When you give employees the ability to manage their health online, you empower them to take an active role in their own well-being. Direct them to these tools, programs, and services, which are already included in your coverage.

Built-in programs and services for your employees

<p>kp.org</p>	<p>When members register at kp.org, they can find a variety of services to help them manage their health, in either English or Spanish:¹</p> <ul style="list-style-type: none"> • Appointments – Schedule or cancel routine office visits • Email my doctor – Send nonurgent questions to your doctor’s office • Medical record – Access most lab test results and information from past visits • Pharmacy – Order most prescription refills online and have them delivered by mail • Online bill pay – Conveniently view and pay bills online • Mobile app – Bring the power of kp.org to your smartphone
<p>Total Health Assessment</p>	<p>This comprehensive survey provides a personalized health summary, including recommendations on goals members can work toward to improve their health.</p>
<p>Healthy lifestyle programs</p>	<p>These online programs offer advice, encouragement, and tools to help your employees form healthy habits, such as losing weight and quitting smoking.</p>
<p>Educational tools and resources</p>	<p>Employees enjoy complimentary access to educational resources such as our symptom checker, health encyclopedia, drug encyclopedia, and health calculators.²</p>
<p>Online videos</p>	<p>Employees can watch our regularly updated collection of videos for guidance on important health topics like losing weight, caring for a newborn, walking for health, and more.</p>

In 2018, members went online for:³

184,000

video visits

53 million

lab test results viewed

28 million

secure emails sent to physicians and clinicians



Please contact your Kaiser Permanente representative for more information.

1. Spanish-language version of these services available in Southern California only. 2. Health calculators can measure body mass index, smoking costs, and heart attack risk. 3. Kaiser Permanente internal data, 2018.

The Total Health Assessment and healthy lifestyle programs are available to members in all regions except Washington. • Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101