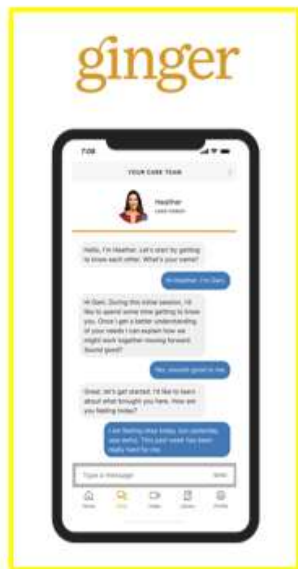


# Mental Health and Wellness Digital Health and Therapeutics Tools

These 3 apps are available to Kaiser Permanente members at no cost and without a referral. Self-care apps may also be used to support clinical care.



1-on-1 emotional support coaching and self-care activities for many common challenges like anxiety, stress, and relationship issues. Adult members can use text-based coaching for 90 days per year.<sup>1, 2, 3</sup>



The #1 app for meditation and sleep. Members can choose from hundreds of activities to build mental resilience, reduce stress, and experience better rest.



Evidence-based programs to help members set mental health goals, track progress, and get support managing depression, anxiety, and more.

<sup>1</sup>The coaching services are not available to any member under 18 years old. <sup>2</sup>The coaching services are neither offered nor guaranteed under contract with the FEHB Program, but are made available to enrollees and family members, aged 18 and older, who become members of Kaiser Permanente.

<sup>3</sup>The coaching services are not available to anyone enrolled in a Fee-for-Service Medicaid program.