

# KAISER WELLNESS RESOURCES

alteryx

When you enroll in a Kaiser medical plan, you have access to a broad range of resources, designed to help you improve your physical and mental health and feel your best. These tools can assist you in building resilience, setting goals, and taking meaningful steps toward becoming a healthier, happier you.

## Calm

Calm uses meditation and mindfulness to help lower stress, reduce anxiety, and improve your quality of sleep. Practicing mindfulness with Calm can help you build resilience and support your overall emotional health and wellness. Get started at [kp.org/selfcareapps](https://kp.org/selfcareapps).

## myStrength

Small changes can make a big difference, especially when it comes to your well-being. myStrength helps you take small steps to navigate depression, anxiety, sleep disorders, stress, substance use, and chronic pain. Visit [kp.org/selfcareapps](https://kp.org/selfcareapps) to access myStrength.

## Ginger Health

Get easy access to incredible mental healthcare—no matter where you are or what you're going through and when you need it. Ginger provides coaches, therapists, and psychiatrists who offer confidential behavioral health coaching via your personal phone or computer. Ginger's mental health services are in-network and available right from the Ginger app at [kp.org/coachingapps](https://kp.org/coachingapps).

## ClassPass

Stay healthy and fit from the comfort of your own home with ClassPass. As a Cigna member, you get on-demand video workouts and reduced rates on livestream and in-person fitness classes. With thousands of classes to choose from, you can easily find an exercise program that works for you. Get started at [kp.org/exercise](https://kp.org/exercise).

## Personal Health Coach

Whether you're trying to lose weight, quit smoking, or manage stress, a personal health coach offers the support you need to make changes for good. Your health coach can help you focus on healthy habits and create a customized plan—all through convenient telephone sessions. All you need to do is call!

- Southern California: 1-866-862-4295
- Northern California: 1-866-251-4514

## Wellness Support

[Kp.org](https://kp.org) is your one-stop location for access to all the tools and resources you need to thrive. Not only can you access lab results, schedule appointments, and message your doctor, but you will also find a variety of perks:

- Healthy lifestyle programs
- Health classes and support groups
- Reduced rates on fitness centers, acupuncture, chiropractic care, and massage therapy
- Videos and podcasts

## Resources for All Alteryx Employees

When you're enrolled in an Anthem plan, you have access to the following benefits:

- **Lyra Mental Health** provides you and your family members with confidential mental well-being support when you need it. Lyra can help you navigate issues like stress, anxiety, depression, substance use, relationship challenges, and more. For more information, visit [Alteryx.lyrahealth.com](https://Alteryx.lyrahealth.com).
- **Carrot** offers fertility assistance for your unique path to parenthood—including fertility education, assessments, fertility preservation, in vitro fertilization, surrogacy, adoption, and more. Click [here](#) to get started.
- **Alteryx Savings Marketplace** supports your personal and financial well-being through exclusive deals and limited-time offers on the products, services and experiences you need and love. Visit [alteryx.savings.workingadvantage.com](https://alteryx.savings.workingadvantage.com) to get started.
- **ScoreMaster** is a financial wellness benefit that offers a suite of features to attain a better credit score, more online privacy, and greater control of your money. Go to [benefits.scoremaster.com/alteryx](https://benefits.scoremaster.com/alteryx) to learn more.