
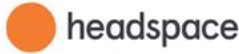





## Medical Carrier Health and Wellness Options

Carrier	Health and Fitness Options	Free Wellness Apps
<p><b>Blue Shield</b></p>	<p><b>Fitness Your Way™ for Blue Shield Subscribers</b></p> <p>Get healthy and feel good on your own terms with Fitness Your Way, the gym membership program that offers you the flexibility to work out at any of the 10,000+ network fitness locations for \$25 a month (plus a one-time \$25 enrollment fee). Meet your lifestyle needs by working out anytime, anywhere, and as often as you need while tracking progress of your goals online.</p> <p>Learn more or access these services by visiting <a href="https://fitnessyourway.tivityhealth.com/bsc">fitnessyourway.tivityhealth.com/bsc</a> or calling (833) 283-8387, Monday – Friday, 5 a.m. – 6 p.m. Pacific Time.</p>	<p></p> <p>Visit Wellvolution for personalized health assessment, nutritional food, fitness and habit modification programs and free apps available at <a href="https://wellvolution.com/mentalhealth">wellvolution.com/mentalhealth</a></p> <p> <b>headspace</b></p> <p>Headspace - meditation and sleep made simple.</p> <p></p> <p>Ginger - on demand mental health support day or night.</p>
<p><b>Kaiser Permanente</b></p>	<p><b>Fitness Deals for Kaiser Permanente Members</b></p> <p><b>ClassPass</b> – Work out from anywhere with a range of classes including yoga, dance, cardio, boxing, Pilates, boot camp and more with free on-demand video workouts and reduced rates for livestream and in-person fitness classes. Get started at <a href="https://kp.org/exercise">kp.org/exercise</a>.</p> <p><b>Active&amp;Fit Direct</b> – Access a national network of more than 10,000 fitness centers for \$25 a month (plus a one-time \$25 enrollment fee).</p> <p><b>ChooseHealthy</b> – Reduced rates on a variety of fitness, health, and wellness products.</p> <p>Learn more by visiting <a href="https://healthy.kaiserpermanente.org/south-ern-california/health-wellness/fitness-deals">healthy.kaiserpermanente.org/south-ern-california/health-wellness/fitness-deals</a></p>	<p>Take time for self-care. Manage stress, improve your mood, sleep better, and more with the help of wellness apps, available at no cost to adult members. Visit <a href="https://kp.org/selfcareapps">kp.org/selfcareapps</a>.</p> <p> <b>Calm</b> - an app for meditation, mindfulness, and sleep</p> <p> <b>myStrength</b> – an app to help set goals and support mental, emotional, and overall well-being</p>

County employees and/or their family members are also eligible for discounted gym memberships through our Employee Discount Program.