

Mental health resources and tools for REEP Kaiser members



Kaiser medical plans include mental health/substance abuse benefits for both inpatient and outpatient services. To obtain more information on copays, please contact your district benefit technician for your Kaiser plan benefit summary or call the number on your Kaiser Permanente ID card.

In addition to your regular medical coverage, the following resources are also available:

Employee Assistance Program (EAP)

- The Employee Assistance Program (EAP) is available 24/7, 365 days a year
- This service is free for you and members of your household
- One-on-one counseling by phone, in-person and online via LiveHealth Online
- Up to 5 counseling visits per issue
- Legal and financial consultations
- Web-based tools and resources on parenting, identity theft and many more topics
- For more information visit [anthemEAP.com](https://www.anthemEAP.com) and enter REEP or call (800) 999-7222

myStrength

- Programs for managing depression, stress, anxiety and more
- Personalized site with mood trackers, a sleep diary and guided meditation tools
- Recommended activities and content based on your ongoing needs
- 24/7 access online or via our mobile app
- Kaiser members can also sign up for myStrength by visiting kp.org/selfcareapps/scal

Ginger

- 24/7 Emotional support
- 1-on-1 support for coping with stress and issues related to work and relationships
- Text with your coach on the ginger app now or schedule a time to connect later
- Discuss goals, share challenges, and create an action plan with your coach
- Free 90-day coaching subscription each year
- Download Ginger now at [KP.org/coachingapps/scal](https://kp.org/coachingapps/scal)

Calm

- Calm is an app that uses meditation and mindfulness to help reduce anxiety, lower stress and improve sleep quality
- Calm is the #1 app for meditation and sleep
- Guided meditations, music for relaxation, focus and sleep
- Sleep stories narrated by celebrities
- Masterclasses taught by world-renowned experts and celebrities
- Ready to get Calm? Visit kp.org/selfcareapps/scal