



Bringing you the information you need.

Your benefits, your choices, your health!

Click the link below or use the QR code to connect virtually to us at your own pace, and in the comfort of your home and learn about the Telehealth services at Kaiser Permanente

- Get information on the resources available to you at kp.org
- Take advantage of the many no cost programs, to maintain your health year-round. We have Wellness Coaching, ClassPass, self-care apps, such as My Strength and Calm.
- Become the best Kaiser Permanente member you can be!



You can view the video presentation **Big 5 Sporting Goods** Open Enrollment, please visit: <https://www.brainshark.com/kp/big5sportinggoodsOE> or scan the QR code

