

CALIFORNIA | JUNE 10, 2020

This week's member updates on the coronavirus

We believe everyone has a right to thrive – to learn, to work, to play, to love – and that starts with the health and safety of you and your workforce. While sheltering at home and physical distancing have slowed the spread of COVID-19, the virus is still active in our communities. It's important you continue to take care of yourself, your employees, and your community. You can count on us to support you on your journey.

Helping members understand how to get care and support is more important than ever in times of crisis. So is keeping them informed about what to expect as we implement changes to protect the health of our members, care teams, and communities. Here's everything we shared with your employees this week regarding the coronavirus:

Self-care apps at no cost

Taking care of your mental health and well-being is so important right now. Did you know you can get the Calm and myStrength apps at no cost through kp.org? These helpful self-care tools can help you ease anxiety, sleep better, and improve focus. Get started at kp.org/selfcareapps.

Get care from home

Whether it's by phone, email, e-visit (a short questionnaire to complete), or video, you have many ways to get care from the comfort and safety of your home. To learn more about your care options, visit kp.org/getcare.

Local facility updates

We're gradually reopening some medical offices that were temporarily closed due to the COVID-19 pandemic. Emergency departments are also open for those who need immediate care.* Delaying care can result in longer-term health issues that can be prevented. We have many safety measures in place to protect your health and keep you safe while in our facilities. For important updates on safety protocols, facility information, and more, visit kp.org/careoptions/scal.

Continuing your coverage

If your coverage has changed due to a job loss or decrease in business, we're here for you and your family. There are many ways to stay covered with Kaiser Permanente. To explore your coverage options or learn how to apply for financial help, visit kp.org/continue.

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Tips for exercising at home

Want to stay active even when you're staying home? You can still add exercise into your day. Get the most out of every squat, jog, and stretch with our [tips on how to get a better workout](#).

Important resources

- [Up-to-date COVID-19 information](#)
- [Local facility updates](#)
- [Care by phone or online](#)
- [Self-care resources and tools](#)
- [Loss-of-coverage information](#)

This is a challenging time for everyone, and we're committed to supporting our members and customers as things continue to unfold. For more information about how Kaiser Permanente is responding to the coronavirus, contact your account manager.

Please continue to take the necessary precautions to help prevent the spread of the coronavirus. Together, we can work to keep our communities healthy and strong.

*If you believe you have an emergency medical condition, call 911 or go to the nearest hospital. For the complete definition of an emergency medical condition, please refer to your Evidence of Coverage or other coverage documents.