

*The apps and services described above are not covered under your health plan benefits, are not a Medicare-covered benefit, and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. The apps and services may be discontinued at any time.
The apps and services are neither offered nor guaranteed under contract with the FEHB Program but are made available to enrollees and family members who become members of Kaiser Permanente.
Calm and can be used by members 13 years old and older. The Headspace app and services are not available to any members under 18 years old.
Some individuals who receive health care services from Kaiser Permanente through state Medicaid programs are not eligible for the Headspace app and services.
Eligible Kaiser Permanente members can text with a coach using the Headspace app for 90 days per year. After the 90 days, members can continue to access the other services available on the Headspace app for the remainder of the year at no cost.
Calm and Headspace are not available to Kaiser Permanente Dental-only members.

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13579A 04/24 Marketing/KPB

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