

WELLNESS RESOURCES & OFFERINGS

“Wellness” is a buzzword, but what does it really mean?

The quick answer is that wellness is a measure of someone’s mental *and* physical health. It’s more than skipping out on a donut for breakfast one day or trying to remember to de-stress after a tough meeting. Wellness comprises nearly every aspect of your life. It’s about promoting a healthier and happier whole person.

Kairos can help with that. Start with the new and improved Kairos wellness resources available to you.

*Wellness?
Oh yeah!*



Maternity benefit program

Expecting or planning?
\$25 reward³ for completion



Ongoing care management program

Asthma, diabetes, heart disease, COPD
\$100 reward³ for completion



Active & Fit gym membership

13,000+ fitness centers
No contracts, no commitments
\$25/month



Free coverage¹ for wellness services

No age restrictions
Wellness visits, mammograms, colonoscopies, & more



Online health center

Health risk assessment, weight management, smoking cessation, stress management, & more



Health fairs and screening events²

Coordination and management
Mammograms, flu shots, & biometric screenings



Employee assistance program (EAP)⁴

Family, work-life, financial, and wellness consultation services
6-free counseling sessions, per member, per issue
Face-to-face, video, telephonic, chat, and text access
24/7 availability



Virtual telehealth services⁴

Medical consultations covered at 100%
Access for behavioral and dermatological services at a slightly higher fee
Video, telephonic, and chat access
24/7 availability

NOTE: Most resources will not be available until the start of the new plan year, July 1, 2021

¹Wellness services are covered 100% if received by an in-network provider and coded as a true wellness service (diagnostic codes have fees associated).

²Participation minimums may apply.

³Program rewards are limited.

⁴Kairos medical enrollment is not required to access ComPsych benefits but is required for Teladoc.