

ACCESS TIPS: KAISER PERMANENTE

TAKE CONTROL EARLY

Why Access Matters: *Before* You Need it

Don't wait until you're sick or injured to figure out your benefits. Set up your account now so care is quick and stress-free later.

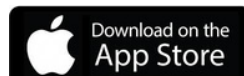
01. Register Your Account

Go to
[www.healthy.kaiserpermanente.org/
register](http://www.healthy.kaiserpermanente.org/register)



02. Download the App

Get 24/7 access:
Kaiser Permanente app (App store or
Google Play)



03. Visit Your Microsite

Your district-specific site:
[www.choose.kaiserpermanente.org/c
seba](http://www.choose.kaiserpermanente.org/cseba)



04. Set Up Telehealth

Video or Phone Care:
[https://healthy.kaiserperm
anente.org/southern-
california/get-care](https://healthy.kaiserpermanente.org/southern-california/get-care)



05. Kaiser Support Center

Support at your fingertips



Take five minutes now. Save yourself time later.

ACCESS TIPS: THE EXTRAS TAKE CONTROL EARLY



Health Advocate: Mental Health and Work/Life Balance Support

Whether you need counseling, work/life help, or a healthcare need addressed, Health Advocate can support you and your family's needs. Eligible dependents include spouse, dependent children, parents, and in-laws. Contact Health Advocate today for free mental health support and more!



Registration Code: **CSEBA**

866.799.2728

answers@healthadvocate.com

HealthAdvocate.com/CSEBA



Because your hearing health is part of your overall health

An expert-guided path means you'll have a no-cost hearing exam and consultation, then have help finding the right hearing aid for your lifestyle. Start by visiting epichearing.com/CSEBA



1.866.956.5400



Achieve Your Personal Wellbeing Goals with Support from CSEBA Wellness!

Go to cseba.limeade.com or download the Limeade ONE App on iPhone or Android. **Employer Name = CSEBA**. Click "Sign-Up". Enter your last name, date of birth, and last four digits of your SSN. Click "Find Account". Set your email address and password and click "Register Account."



Employer Name: CSEBA
NEED HELP? 855.667.2550