

Riverside CCD

Employee Well-Being Sub-Committee
October 6, 2025



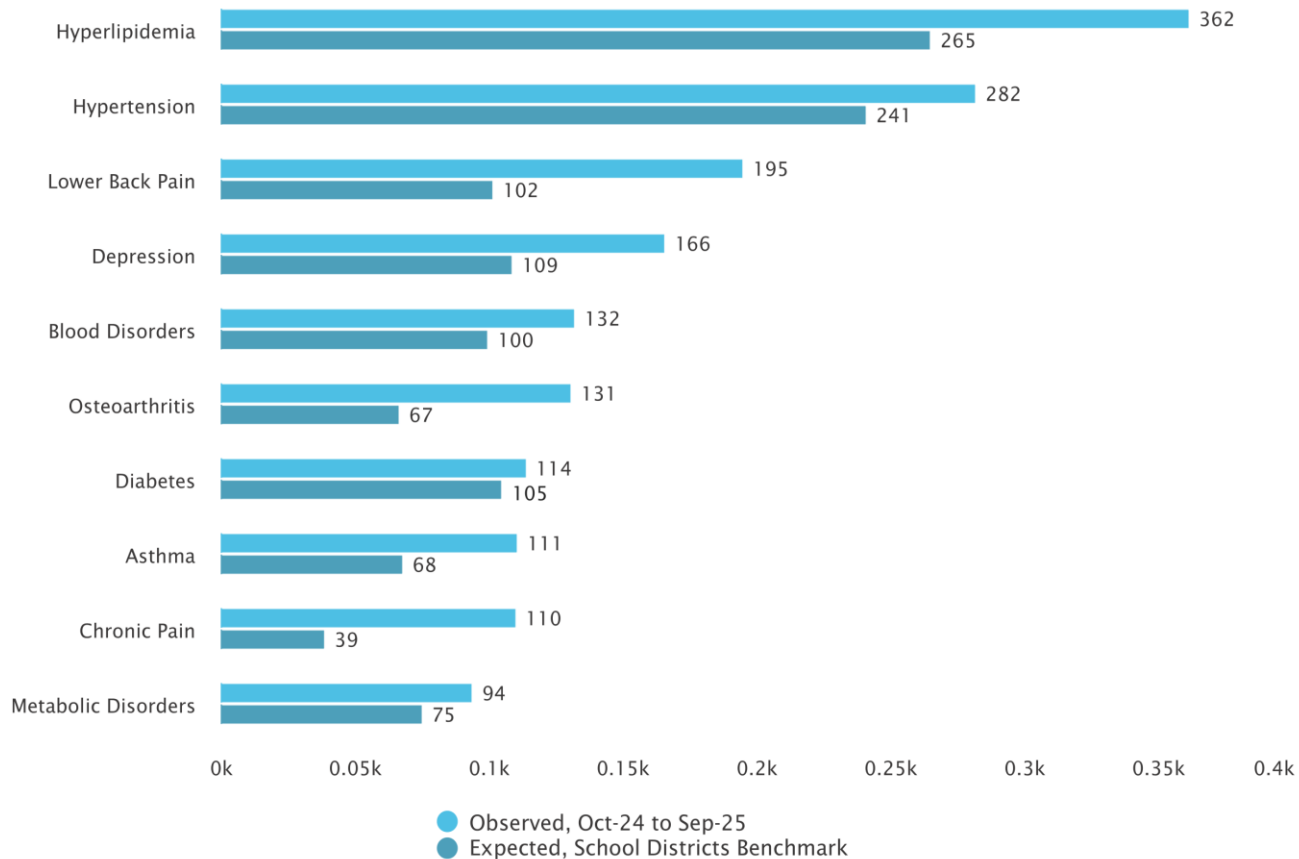
CHRONIC CONDITIONS



PPO

Top 10 Chronic Conditions (PPO)

Top 10 Chronic Conditions by Member Count



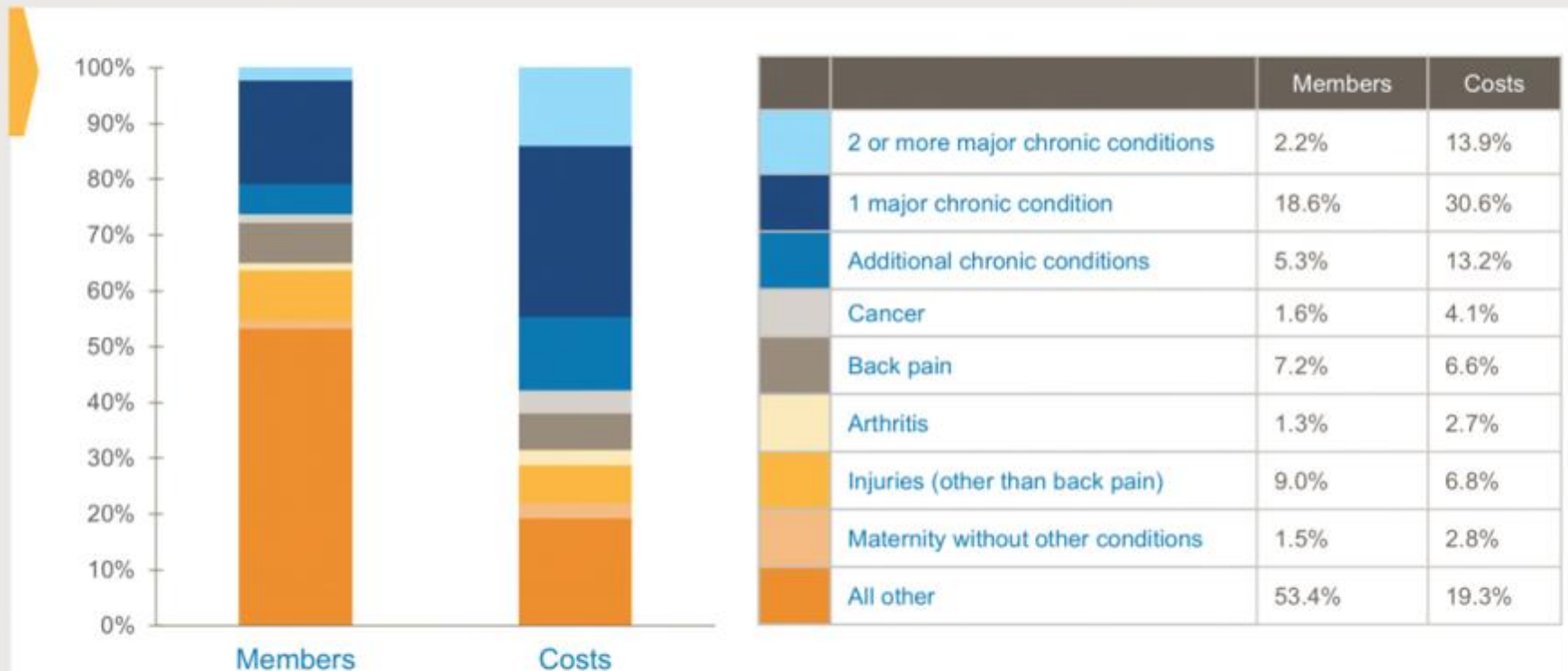


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CHRONIC CONDITIONS REPORT

Clinical data

Percentage of your costs driven by conditions — segmented

Percentage of members compared to percentage of cost by condition¹

58% of your costs are driven by 26% of your members²

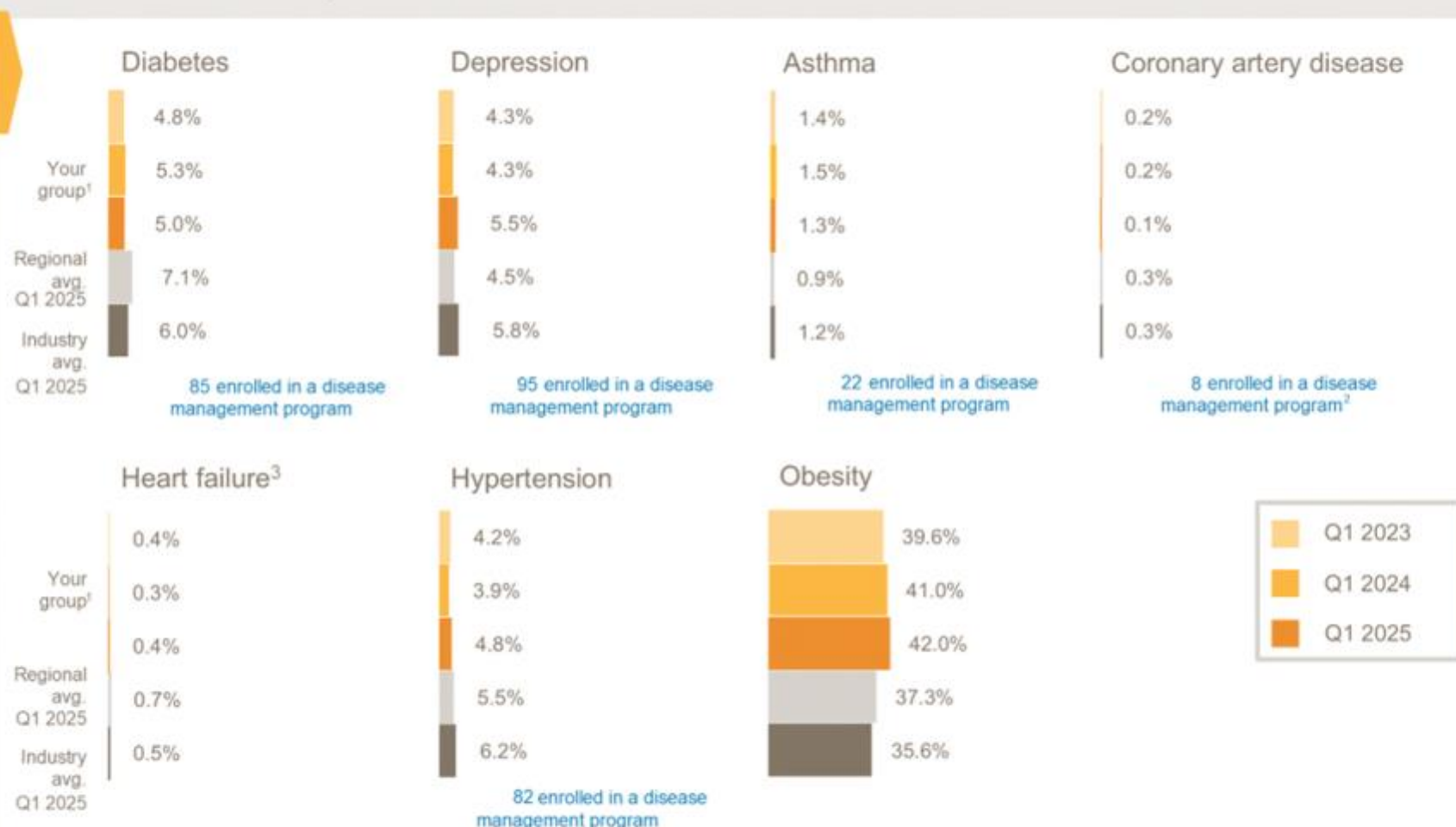
¹Continuously enrolled members during measurement period. ²See note 1.

Note: Major chronic conditions = diabetes, asthma, coronary artery disease, heart failure, chronic obstructive pulmonary disease, chronic kidney disease, and depression. Calculations for this graph use DxCG methodology.

CHRONIC CONDITIONS REPORT

Clinical data

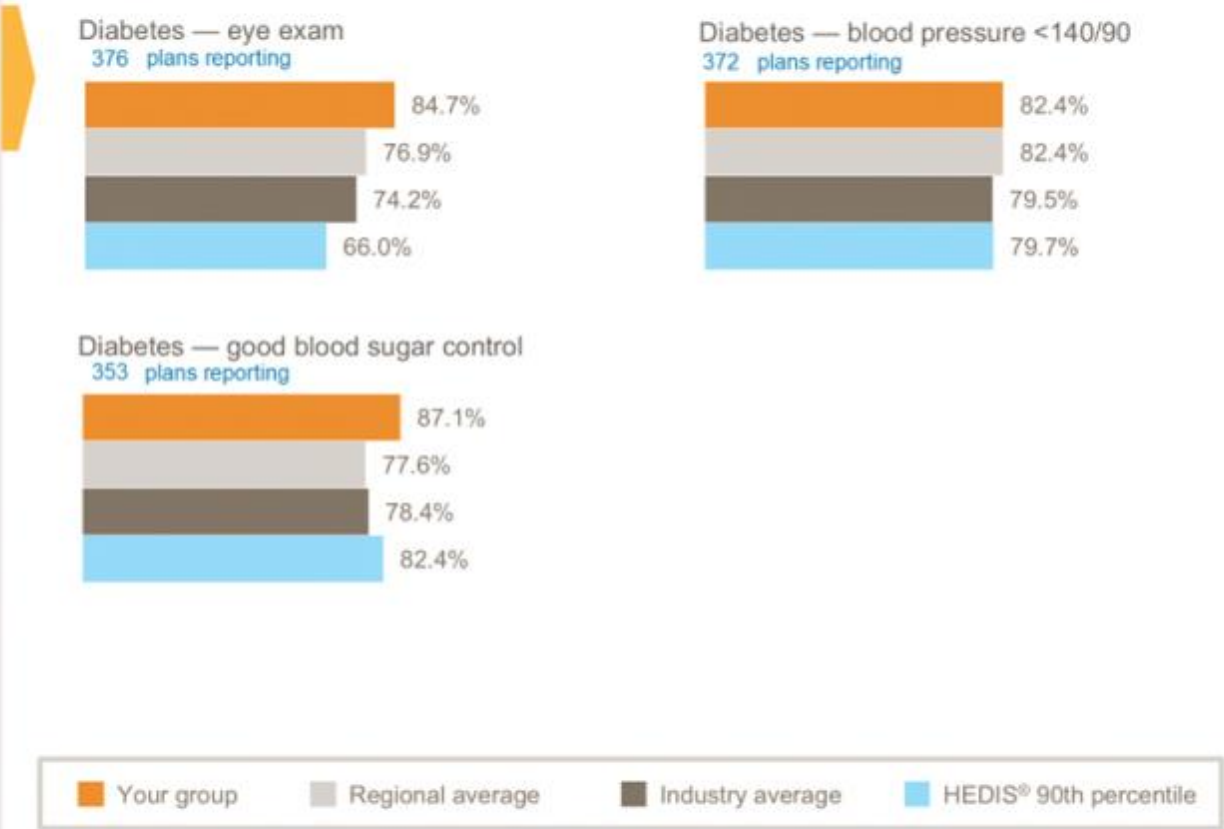
Prevalence by chronic condition



¹Continuously enrolled members during measurement period. ²Includes members with heart failure. ³See note 2. Note: Results will not be displayed if the eligible population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

CHRONIC CONDITIONS REPORT
Clinical data

How your group compares to current HEDIS® national benchmarks



Kaiser Permanente HEDIS® scores. Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all lines of business. Note: Results will not be displayed if the eligible member population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

People with depression have an increased risk of cardiovascular disease, diabetes, stroke, pain, and Alzheimer's disease.¹

Employees with diabetes miss about 6 more workdays a year than nondiabetic employees.²

✓ AT KAISER PERMANENTE
 Targeted outreach to members with type 2 diabetes improved their use of mail-order pharmacy by 14% and medication adherence by 6%.³

¹NIH, 2021.
²Zack et al., *Healthcare*, September 30, 2021.
³Ramachandran et al., *JGIM*, October 1, 2020.

CHRONIC CONDITIONS REPORT

Clinical data

How your group compares to current HEDIS® national benchmarks (cont'd)

Asthma medication ratio

367 plans reporting



Hypertension* — adequate blood pressure control <140/90

329 plans reporting



■ Your group
 ■ Regional average
 ■ Industry average
 ■ HEDIS® 90th percentile

Kaiser Permanente HEDIS® scores. Benchmarks provided by the National Committee for Quality Assurance (NCQA) Quality Compass® and represent all lines of business. Note: Results will not be displayed if the eligible member population for the metric is insufficient. Regional and industry averages are based on Kaiser Permanente membership.

Total health care costs are \$6,767 higher for employees with hypertension.¹

Nearly half of U.S. adults have high blood pressure — and only 1 in 4 of them have it under control.²

 AT KAISER PERMANENTE

In California and the Mid-Atlantic States, Kaiser Permanente members are 43% less likely to die from heart disease and 14% less likely to die from stroke than the average person in the U.S.³

¹McGough et al., Peterson-KFF Health System Tracker, January 4, 2024.

²CDC, 2021.

³Pearl and Madvig, *Harvard Business Review*, February 2020.

CARRIER RESOURCES

PPO Value-Adds

GlobalFit

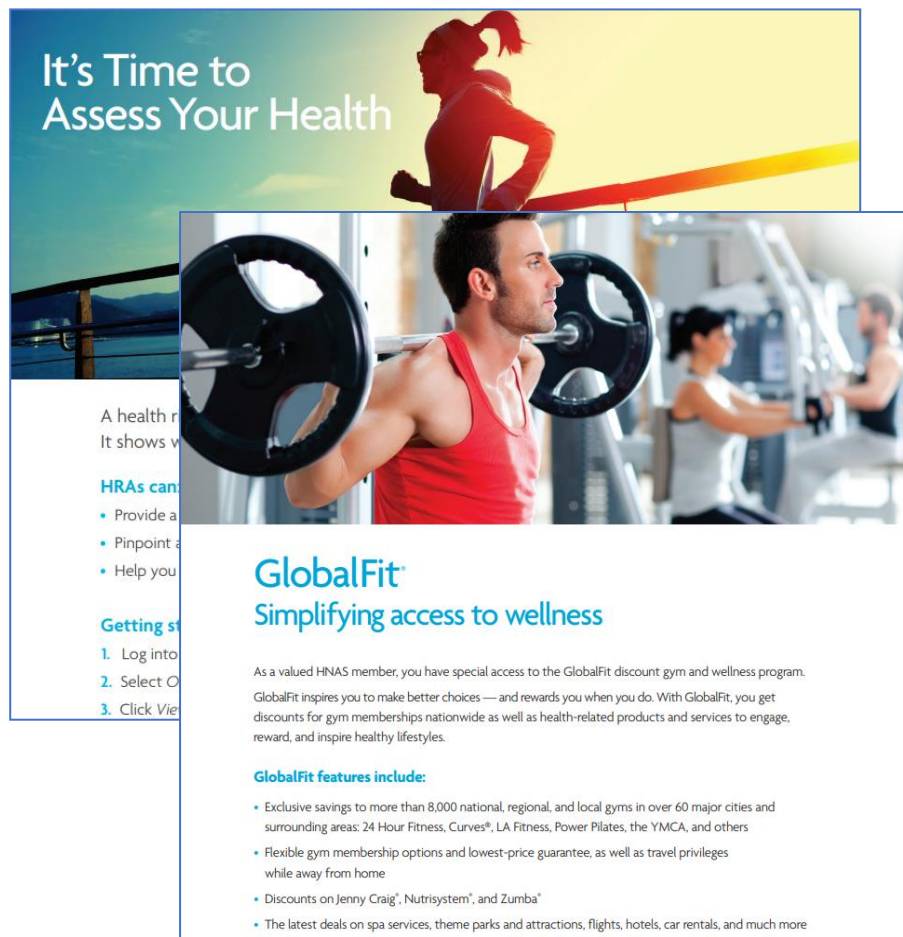
- Savings at over 8,000 gyms
- Flexible membership options
- Discounts on various services, theme parks and car rentals

Mobile Food and Fitness Tracker

- Available via the HNAS App

Health Risk Assessment

- Provide a profile of your current health status
- Pinpoint any risk factors you may have
- Help you track personal goals online

A promotional graphic for GlobalFit. The top half features a silhouette of a person running against a bright yellow and orange gradient background with the text "It's Time to Assess Your Health". The bottom half shows a man in a red tank top lifting a barbell in a gym, with other gym-goers visible in the background. To the left of the gym image is a sidebar with text: "A health r... It shows v...", "HRAs can...", "• Provide a...", "• Pinpoint...", "• Help you...", "Getting st...", "1. Log into...", "2. Select O...", "3. Click Vie...". To the right of the gym image is the GlobalFit logo and tagline "Simplifying access to wellness". Below this is a paragraph: "As a valued HNAS member, you have special access to the GlobalFit discount gym and wellness program. GlobalFit inspires you to make better choices — and rewards you when you do. With GlobalFit, you get discounts for gym memberships nationwide as well as health-related products and services to engage, reward, and inspire healthy lifestyles." This is followed by a section titled "GlobalFit features include:" with a bulleted list: "• Exclusive savings to more than 8,000 national, regional, and local gyms in over 60 major cities and surrounding areas: 24 Hour Fitness, Curves®, LA Fitness, Power Pilates, the YMCA, and others", "• Flexible gym membership options and lowest-price guarantee, as well as travel privileges while away from home", "• Discounts on Jenny Craig®, Nutrisystem®, and Zumba®", and "• The latest deals on spa services, theme parks and attractions, flights, hotels, car rentals, and much more".

It's Time to Assess Your Health

A health r... It shows v...

HRAs can...

- Provide a
- Pinpoint
- Help you

Getting st...

1. Log into
2. Select O
3. Click Vie

GlobalFit
Simplifying access to wellness

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GlobalFit features include:

- Exclusive savings to more than 8,000 national, regional, and local gyms in over 60 major cities and surrounding areas: 24 Hour Fitness, Curves®, LA Fitness, Power Pilates, the YMCA, and others
- Flexible gym membership options and lowest-price guarantee, as well as travel privileges while away from home
- Discounts on Jenny Craig®, Nutrisystem®, and Zumba®
- The latest deals on spa services, theme parks and attractions, flights, hotels, car rentals, and much more

HealthNet Value-Adds

Active & Fit Direct

- Access to over 12,000 gyms
- On demand videos
- 1:1 Well-being coaching

Healthy Discounts

- Weight management
- Hearing aids
- Health and wellness products

Members can access this information via the HealthNet portal.



Health Net of California, Inc. and (Health Net)

health net

Healthy Discounts

GET HEALTHY AND STAY HEALTHY WITH HEALTHY DISCOUNTS!

Active & Fit DIRECT™

health net

One Membership. Thousands of Ways to Stay Active and Save Money.

- 12,200+ Gyms
- 9,700+ On-Demand Videos
- 1:1 Well-Being Coaching
- Enroll Your Spouse²

No annual fees or long-term contracts. Switch gyms anytime.

LA FITNESS, snap fitness, CHÖZE FITNESS, blink, Curves, JANYTIME FITNESS, E&S FITNESS

Plus: 5,800+ Premium Gym Options at exercise studios, outdoor experiences, and others with 20% – 70% discounts at most locations³

STANDARD FITNESS MEMBERSHIP
\$28/mo
12,200+ FITNESS CENTERS
9,700+ WORKOUT VIDEOS
Active & Fit DIRECT™

Learn More: Register or log in at www.healthnet.com (Group members) or www.myhealthnetca.com (Individual & Family Plan members) to access the Active&Fit Direct™ website, located under the Wellness Center tab.

Kaiser One Pass Select Affinity

One Pass Select Affinity Fitness can help you reach your health goals!

- 5 membership tiers with different monthly fees; flexibility to change tiers
- No contracts; pay month-to-month
- Cancel anytime
- Access to gyms and fitness locations nationwide
- Live, digital fitness classes and on-demand workouts
- Personalized workout builders to try new exercises
- Grocery and home essentials delivery to make healthy eating easy with Walmart + and Shipt
- Save on wellness services

One Pass Select Affinity

A subscription-based fitness and well-being network that supports a healthier lifestyle

Provided by **Optum**



Access to the One Pass Select Affinity gym network

Digital (23k+)	Classic (12K+)	Standard (14K+)	Premium (15K+)	Elite (19K)
LES MILLS ON DEMAND	LAIFITNESS.	CYCLERAE	LIFE TIME HEALTHY WAY OF LIFE	CrossFit
DAILY BURN	planet fitness	LIFE TIME HEALTHY WAY OF LIFE	pure barre	LIFE TIME HEALTHY WAY OF LIFE
fitbit premium	CRUNCH FITNESS	ROW HOUSE	CLUB PILATES	F45
yogaworks	ANYTIME FITNESS	barre3	CRUNCH FITNESS	9R
VOLT	snap FITNESS 24/7	YOGASIX	STRETCH LAB	TITLE
CFITNESS ON DEMAND	EGS FITNESS		orange theory	
FAN HUDDLE				

Provided by **Optum**

Chart accurate as of November 2023. Please refer to onepassselect.com for the most up-to-date gym tiers.

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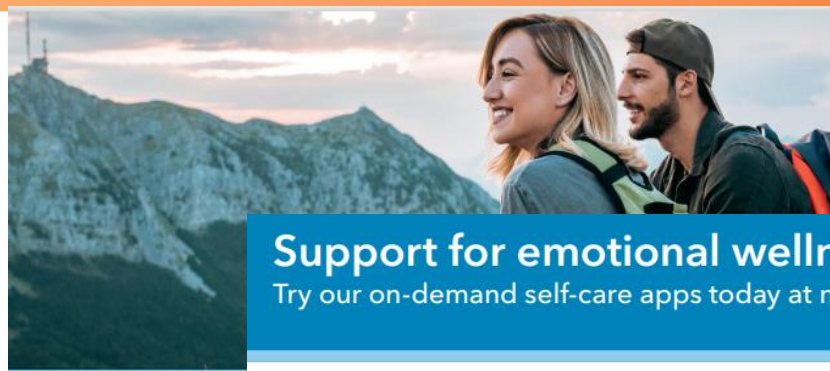
Kaiser Value-Adds

Calm App

- Provides guided meditations
- Sleep stories
- Mindful movement videos

Headspace

- 1:1 emotional support coaching
- Coaches available 24/7
- Text based coaching services at no cost



Support for emotional wellness

Try our on-demand self-care apps today at no additional cost

Get help with anxiety, stress, sleep, mood, and more. Anytime you need it.

Kaiser Permanente members can explore 2 evidence-based apps:^{1,2,3}

Explore here

You deserve support for help you reach your health goals. Easy, designed to help.

For your mental health

Members can get help with mental health – without a referral.

Access resources that help you feel your best



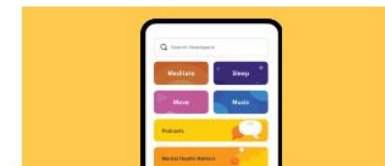
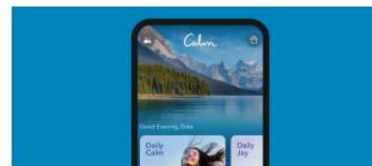
Calm is the number one app for meditation and sleep.⁴ You can choose from hundreds of programs and activities, including:

- Guided meditations
- Sleep Stories
- Mindful movement videos



Headspace offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges.

- Coaches are available by text 24/7
- You can use Headspace's text-based coaching services at no cost, no referral needed^{5,6}



Visit kp.org/selfcareapps to get started