



# Good health requires more than just health care

If you need extra support, we're here to help

If you need access to resources, we can help. Our new online directory can help you find support in your community – confidentially and at no cost.



Food



Housing



Child care



Financial assistance

To get started, visit [kp.org/communityresources](https://kp.org/communityresources) or scan the QR code.

To speak to a resource specialist, call **1-800-443-6328** (TTY **711**), Monday through Friday, 8 a.m. to 5 p.m.



## Support for total health

Physical health is the health of your body. Mental health is the health of your mind. Social health is everything else that's essential for good health – like having a safe place to live, enough money, and healthy food. Together, physical, mental, and social health make up total health. To be truly healthy, you need all 3.

The services described above are not covered under your health plan benefits and are not subject to the terms set forth in your *Evidence of Coverage* or other plan documents. These services may be discontinued at any time without notice.

Learn more at [kp.org/communityresources](https://kp.org/communityresources)

