



Hello valued partner,

Musculoskeletal conditions are driving employer health care costs. 360-degree care improves employee health and mitigates spending.

Today, 75% of employers rank musculoskeletal conditions among the top 2 health conditions driving their costs.¹ [Learn how](#) Kaiser Permanente's personalized, 360-degree care helps employees recover faster — while minimizing costs and time off work.

Protect your workforce from flu and COVID-19 during the holidays

Protect your workforce by encouraging employees to [get vaccinated](#), [order free COVID-19 home antigen tests](#) from the federal government, and practice healthy habits like washing hands and staying home when sick. [Learn more](#).

Monthly Health Topic: Mind, Body, and Spirit

With the busy holiday season upon us, share these informative resources to help your employees reduce stress, maintain mental health, and care for themselves.

[Download](#).



Incorporate volunteerism and gratitude at work to support employee mental health

Stress and anxiety have risen in recent years — over 80% of U.S. employees say work stress affects their mental health.² [Read this article](#) to learn how providing volunteer

opportunities and sharing gratitude can boost employee well-being and company performance.

Regional News

New care option for members in Monterey County

We're scheduled to open a new Salinas Medical Office in January 2025, which will offer services including primary and specialty care, labs, pharmacy, and radiology, with more services coming soon. The new office will provide you and your employees with convenient, high-quality care in one location. [Learn more.](#)

Discover more

New fitness offering: One Pass Select Affinity™ from Optum

Encourage your employees to embrace healthy lifestyles with One Pass Select Affinity, starting January 1, 2025. They can access 19,000+ gyms, boutique fitness studios, and wellness services. [Learn more.](#)

Workforce well-being toolkit

Download our no-cost toolkit to help build a healthier, more engaged workforce. [Learn more.](#)

1. "2024 Large Employer Health Care Strategy Survey: Executive Summary," Business Group on Health, August 22, 2023.

2. 2023 Workplace Wellness Research, Mental Health America, accessed October 3, 2024.



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