



PRIMARY CARE

SPECIALTY CARE

EMERGENCY CARE

SELF-CARE

SELF-CARE RESOURCES
Visit kp.org/classes or take the depression self-assessment at kp.org/mentalhealth.

HEALTH COACH
For stress management and life balance issues, call **503-286-6816** or **1-866-301-3866** (option 2).

ADVICE NURSE
Talk to an advice nurse 24/7 at **1-800-813-2000** (TTY 711).

PRIMARY CARE PHYSICIAN
Visit kp.org/ appointments or call **1-800-813-2000** (TTY 711) to make a phone, video, or in-person appointment.

MENTAL HEALTH AND ADDICTION MEDICINE
For a mental health or addiction medicine assessment, call **503-249-3434** or **1-855-632-8280**.

CRISIS LINE
In a crisis, call **503-331-6425** or **1-866-453-3932**.

EMERGENCY DEPARTMENT
In case of emergency, go to the nearest emergency department or call **911**.

FOR MENTAL HEALTH AND WELLNESS, START HERE

The first step to getting help is often the most difficult. So wherever you begin, we'll help get you where you need to be.

WHERE CAN YOU START THE MENTAL HEALTH AND WELLNESS CONVERSATION? **ANYWHERE.**



BROUGHT TO YOU BY:



KAISER PERMANENTE.

UNDERSTAND YOUR BRAIN BETTER AND HOW TO IMPROVE YOUR MENTAL HEATH AND FITNESS

Introducing Total Brain for OEGB members.* Total Brain helps you learn more about your brain and ways to improve it. Founded on the principle that our mental health can be measured, improved and managed like our physical health, Total Brain measures the 12 brain capacities that define your mental health. Total Brain provides you with specific mental fitness programs designed to strengthen your brain capacities and improve your overall mental health.

*Available to all OEGB members enrolled in an OEGB medical plan, 18 years and older.

Scientific, Simple, and Convenient to Use



Measure Monthly

Take our easy to use, 20 minute, confidential, clinically validated assessment.



Understand Totally

Get results showing 12 brain capacities that identify strengths and areas for improvement.



Train Specifically

Start a custom mental fitness program with digital brain exercises, breathing and meditation for just 15 minutes a day.

Benefits:

Self-Awareness – Learn about your strengths, weaknesses and potential risks

Effectiveness Monitoring – Monitor the impact of mental fitness programs and treatment

Improved Performance ^[1] – Measurable improvement across each of the 12 brain capacities, yielding an improvement in overall mental health

[1] Improvements in brain performance correlated with average of three hours of training.
2017 Internal book of business data; N = 3,275; Users who assessed + trained at least twice

REGISTER AT:
TotalBrain.com/OEBB
Available starting Oct 1, 2019.

Program available on desktop, iOS and Android device. Questions? Contact support@totalbrain.com.