

Mental health and emotional wellness apps



Self-care at your fingertips — at no cost to members

Everyone needs support for total health — mind, body, and spirit. These wellness apps can help you navigate life's challenges, and make small changes to improve your sleep, mood, relationships, and more. It's self-care made easy, designed to help you live well and thrive.



Thoroughly evaluated by Kaiser Permanente clinicians



Easy to use and proven effective



Safe and confidential

