



# 2025 Value Added Programs

At City of Kent, we give employees the tools to succeed both on and off the job. As part of our benefits package, you also have access to Value Added Programs. Visit our carrier websites for additional information or contact Human Resources.

## KAISER PERMANENTE

Find more details and get started at [kp.org/wa](https://kp.org/wa)

### Wellness Coaching

- Make a plan to help reach your health goals with one-on-one support from a trained coach
- Visit [kp.org/wellnesscoach](https://kp.org/wellnesscoach) to partner with a coach

### Emotional Wellness Resource

- Personalized programs for managing depression, stress, anxiety and more
- Visit [kp.org/selfcareapps](https://kp.org/selfcareapps) to access Calm, Ginger, and myStrength self-care apps

### Quit Smoking

- The Quit for Life® Program can help you quit using tobacco at no extra cost
- Visit [quitnow.net/kpwa](https://quitnow.net/kpwa)

### Special Rates for Members

- Access to a fitness center membership for \$25 a month (plus a \$25 enrollment fee)
- 25% off participating provider standard fees for acupuncture, chiropractic, naturopathy care, and therapeutic massage
- Login to the member portal at [kp.org/choosehealthy](https://kp.org/choosehealthy)

### Classes & Support Groups

- Visit [kp.org/classes](https://kp.org/classes) to find health classes and support groups near you

### Wellness Resources & Guides

- Visit [kp.org/health](https://kp.org/health) for wellness information, blogs, articles, and symptoms checker
- Watch videos and listen to podcasts at [kp.org/video](https://kp.org/video) and [kp.org/audio](https://kp.org/audio)
- Browse healthy recipes by visiting [kp.org/recipes](https://kp.org/recipes)

## PREMERA BLUE CROSS

Find more information at [premera.com](https://premera.com)

### BCBS Global Core

- Access to doctors and hospitals in nearly 200 countries and territories around the world at [bcbs.com](https://bcbs.com)

## DELTA DENTAL

Sign in to [deltadentalwa.com/mysmile](https://deltadentalwa.com/mysmile) to get access to these deals and discounts

### Member Discount Program

- Exclusive discounts on nationwide products and services from brands you love and trust
- Savings include hotels, vacations, rental cars, household needs, and much more

## VSP

Create an online account at [vsp.com](https://vsp.com) to access your benefits and all these perks and deals

### Premier Edge

- Save more through Premier Edge Offers that are exclusive to Premier Edge locations
- Visit [vsp.com/offers](https://vsp.com/offers) to find a Premier Edge location

### TruHearing

- Save up to 60% on prescription hearing aids and 20% on over-the-counter hearing aids
- Visit [truhearing.com/vsp](https://truhearing.com/vsp) or call TruHearing at (877) 372-4040 and mention VSP

### Simple Values

- Valuable discounts on prescription drugs, lab work, travel, and more
- Visit [vsp.com/simplevalues](https://vsp.com/simplevalues)

### Member Extras Program

- Access over \$3,000 in savings with Extras program
- Discounts include LASIK eye surgery, wellness products and services, everyday home services, financial services, and much more!
- Browse and get access at [vsp.com/offers](https://vsp.com/offers)

## NEW YORK LIFE

Visit [guidanceresources.com](https://guidanceresources.com) (web ID: **NYLGBS**) or call (800) 344-9752 to access these Employee Assistance and Wellness support benefits

### Life Assistance Program (LAP)

- 3 face-to-face or virtual sessions with a behavioral counselor at no cost to you
- Legal, financial, and work-life balance counseling services

### Financial Assistance

- Unlimited access to qualified financial professionals to help guide financial needs
- Online financial resources and interactive tools

### Legal Support

- Unlimited phone consultations with an attorney for guidance on legal matters
- Referral to receive free 30-minute consultation and 25% reduction in fees thereafter

### Will Prep

- Online tool to create and execute last will and testament and documents outlining your wishes for final arrangements

### Secure Travel

- Pre-trip planning, assistance while traveling, and emergency medical transportation
- Call (888) 226-4567 and reference City of Kent with policy **OK969625**

## SUPPORTLINC

Go to the portal at [cityofkent.mysupportportal.com](https://cityofkent.mysupportportal.com) or call (888) 881-5462 to gain access valuable resources

### Childcare & Eldercare

- Connect with a childcare or eldercare specialist who can assist in arranging care

### Home Ownership Program

- Receive free home ownership consultation if you are buying, selling, refinancing, or remodeling a home

### Legal Services

- Free 30-minute consultation with an attorney at no cost to you
- Receive 25% discount off standard hourly fees to continue services

### Financial Services

- Up to 60-minutes to speak with a financial professional at no charge

### Counseling Services

- Receive up to 6 visits per incident to help with stress, family issues, substance misuse, and more