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# Holistic Care Beyond the Four Walls of the Clinic



# Meet Kindbody360

We believe that everyone deserves dynamic and integrative healthcare. Our care continuum provides holistic support throughout every phase of the family-building journey and beyond. This includes general wellness, support for those trying to conceive, pre and postpartum care, menopause support, and more. Our robust network of providers offer care both in-clinic and virtually.

# Support that Goes Beyond the Treatment Plan

Supporting your emotional, mental, and physical health is an essential part of your journey at Kindbody. Our goal is to provide the best possible full-spectrum fertility and family-building care every step of the way.

- Comprehensive care that provides holistic support from pre to postpartum
- · High-quality holistic providers, coaches, and therapists carefully curated for your workforce
- Seamless online scheduling with virtual and in-clinic access

# **Integrative Dynamic Care**

- Trying to conceive
- Surrogacy, donor, and adoption
- Postpartum support
- Mental health support
- Mindfulness and Eastern medicine

- Men's health
- Pregnancy care
- Menopause care
- Wellness and nutrition
- Somatic (movement) therapy

# How to Get Started with Kindbody

- 1 Visit kindbody.com/activate and create a Kindbody account using any email address
- Confirm eligibility by entering your Access Code and Unique ID

### **Access Codes:**

- If you only covered yourself on the HDHP plan, use access code: KINDSPRINKLR1
- If you cover additional individuals on the HDHP plan, use access code: KINDSPRINKLR2
- If you are enrolled on the Cigna EPO/PPO Plan, use access code: KINDSPRINKLR3

### **Unique ID:**

- Your Unique ID is your Workday employee ID number
- Spouses/partners should use the Workday employee ID with an "S" at the end
- For example, if you are the employee your Unique ID will be **ABC123**, your spouse/partner's Unique ID will be **ABC123S**
- Book a consult and start your Kindbody journey

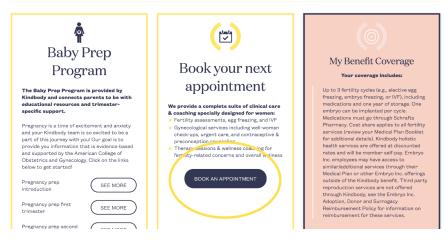
For more information, or if you have any questions, email

employeebenefits@kindbody.com

### How to Schedule an Appointment

If you are located within the United States, follow the steps below. If you are located outside of the United States, call the phone number listed on page 2 to schedule your appointment.

- Log in to the Kindbody portal at portal.kindbody.com
- On the portal dashboard, click on "book an appointment"



Click on "all other services"



What services can we help you with?







• Select overall wellness and book the holistic appointment of your choice



I am seeking support with...



For more information, or if you have any questions, email

employeebenefits@kindbody.com