



# Bringing you the information you need.

Your benefits, your choices, your health!

Click the link below or use the QR code to connect virtually to us and learn about your benefits at your own pace, and in the comfort of your home.

- Get specific information about your benefits.
- Learn how to maximize you benefits.
- Become the best Kaiser Permanente member you can be!



To view the video presentation for San Mateo County Healthy Resources please visit: <https://www.brainshark.com/kp/SMCHealthyResources> or scan the QR code below.

