



COVID-19 UPDATE | October 28, 2020

# What you need to know

As we continue to manage through the COVID-19 pandemic, Kaiser Permanente is committed to making sure our customers have the latest information. When we receive updates, we will ensure you receive any information that may impact KP members. This is a challenging time for everyone, and Kaiser Permanente is here to support you with news and information to manage your Kaiser Permanente plan.

## Social Health supports your Total Health

There are 3 elements that support your total health — and they're all connected. Physical health is the health of your body. Mental health is the health of your mind. Social health is being able to take care of your basic needs — having a safe place to live, nutritious food, and positive relationships.

At Kaiser Permanente, we know these things are an important part of improving the total health of our members and have created guidance that can be widely adopted across the health care industry for assessing COVID-19 patients' need for social resources. The Kaiser Permanente [COVID-19 Social Health Playbook](#) provides clinical care teams with guidance and tools for screening patients for social needs, connecting them to help, and following up to ensure their needs are met. The initial release of the playbook is publicly available as a free resource for care providers across the industry.

### Stay healthy this season with your flu shot.

- We offer various options for getting your flu shot to make the process easier and safer — including walk-up, drive-thru, and by appointment. Now more than ever, it's important to stay healthy and stop the spread.
- Get a flu shot at one of our convenient flu shot locations by selecting your region at [www.kp.org/flu](http://www.kp.org/flu).

## Thrive Local

Launched in 2019 in partnership with Unite Us, [Thrive Local](#) is an online and searchable social services resource directory network created to integrate social factors into Kaiser Permanente's care delivery. It is available to Kaiser Permanente members and a growing network of health care and social service providers working together across its service areas. In little more than a year, Kaiser Permanente has shared more than 26,000 community resources with its members and has launched 18 community networks, with plans to have a total of 40 active community networks to help people secure safe housing, healthy food, and other essentials by 2022.



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## Ensuring a psychologically healthy workplace

Most businesses have a crisis plan designed to help manage any number of difficulties that could negatively impact their employees, customers, and the communities they serve. But how many are prepared for the psychological and emotional effects when the unexpected strikes?

While the workplace can be a source of stress for many, it can also be a place of healing. It is important to understand how to create or strengthen a psychologically healthy workplace. By drawing from field experience and an informed approach, it's possible to take the next steps into the new normal with greater confidence. We offer several resources to support your organization's efforts of health and wellbeing.

- [Learn more](#) about creating a psychologically healthy workplace
- [Assess](#) your organization's psychological wellbeing
- Encourage your team members and [fight quarantine fatigue](#)

## Celebrating Halloween safely

Halloween means dressing up in a costume and heading out into the neighborhood with friends and family to trick-or-treat. With the virus that causes COVID-19 still spreading throughout much of the country, this year's Halloween celebrations might look and feel different. If you're still planning on having your children trick-or-treat, physicians stress the importance of always wearing protective masks and gloves and consider [lower-risk and safer alternatives](#) to traditional trick-or-treat activities this year.

## Upcoming COVID-19 webinars

Join us for a webinar series focused on common questions, the latest clinical news, and the impact of COVID-19 on the mental health and well-being of your workforce. Register at the link below for the upcoming webinar.

**October 28, 1:30pm PST** – COVID-19 – Updates on the Latest Science, and considerations for the holiday season

[Click Here](#)

**November 4, 10:00am PST** – COVID-19 Inequities: Race, Ethnicity and Social Drivers of Health

[Click Here](#)

**November 18, 10:00am PST** – COVID-19 The Holiday Edition

[Click Here](#)

**December 2, 10:00am PST** – COVID-19 Update

[Click Here](#)