

# WELLNESS

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COLLEGE OF  
MARIN

## College of Marin

In our ongoing efforts to promote wellness for all, we would like to share the below links to all employees. Note they are separated into Blue Shield members and Kaiser members. The Anthem EAP program is available to all.

### COM Wellness Program (for all employees)

- [Wise @ Work App](#)
- [Halcyon Health & Wellness Portal](#)
- <https://hr.marin.edu/wellness>

### Blue Shield Members

- [Fitness Your Way](#)
- [Health and Wellness Discounts](#)
- [Hinge Health](#) - Digital Programs for Back or Joint Pain
- [Vida Personal Health Coaching](#)
- [Wellvolution Digital Health Platform](#)

### Kaiser Members

- [Calm App for Self-Care](#)
- [Center for Healthy Living Programs](#)
- [Health Coaching](#)
- [Healthy Balance Weight Management](#)
- [Acupuncture, Chiropractic Care, Fitness Center Access, Massage Therapy](#)

### Anthem – EAP (For all members)

- [EAP - Emotional Wellness](#)
- [Employee Assistance Program Overview](#)

**STAY TUNED: Other wellness activities and programs will be offered in Spring 2022.  
More information to come!**



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