

Exclusive Support for Kaiser Members: Health Benefit Guidance & Self-Care Resources

If you're a Kaiser member, Chaffey employees have access to a **medical advocacy group** that helps navigate health insurance benefits. This service also provides access to **self-care apps** covered by Kaiser insurance, offering additional support for your well-being.

Here are the links to additional information

<https://www.chaffey.edu/hr/docs/mental-health-guide.pdf>

<https://www.chaffey.edu/hr/docs/health-advocate-overview.pdf>

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