

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 your first name and last name as it appears in your employer's system and any email address
- 2** Confirm eligibility by entering your Access Code **KINDCSVEBA** and your Unique User ID as follows:
 - *Employee:* First Name + Last Name + -E + last four digit of your social security number (Example: JaneDoe-E1234)
 - *Spouse/domestic partner:* First Name + Last Name + -D + last four digit of the spouse/domestic partner's social security number (Example: JonDoe-D5678)
- 3** Book a consult and **start your Kindbody journey**

Employees and spouses/partners who are enrolled on the California Schools VEBA-sponsored Cigna, UHC, UMR or SIMNSA plans are eligible for the Kindbody benefit.

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

employeebenefits@kindbody.com

1:1 Concierge Support 855-950-2053 x Option 3 | kindbody.com/activate

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CALIFORNIA SCHOOLS
VEBA



California Schools VEBA offers Kindbody as your fertility, family-building, and menopause benefit

If you are looking to grow your family or need assistance in your post-reproductive years, there is support. Kindbody provides end-to-end fertility services, as well as menopause support through dedicated Kindbody care navigation, clinical guidance, digital tools, and education to help you maneuver through these reproductive health stages. You can take comfort in knowing the full spectrum of benefits are provided in a safe, welcoming, and confidential environment.

Employees and spouses/partners who are enrolled on the California Schools VEBA-sponsored Cigna, UHC, UMR or SIMNSA plans are eligible for the Kindbody benefit.

Your Kindbody Benefit Includes

- Up to 1 full KindCycle including in vitro fertilization (IVF), intrauterine insemination (IUI) with fertility medication through KindbodyRx
- Conception, fertility, and male assessments to help you learn more about your fertility
- 6 sessions of virtual holistic health services; support includes menopause, mental well-being, nutrition, doula/birth coaches, lactation support, back-to-work care, and more
- Access to Kindbody's menopause program offering specialty providers who will support women experiencing menopause; services include lifestyle assessment, hormone testing, and virtual holistic sessions
- Dedicated Kindbody Care Navigation Team
- Access to Kindbody's full suite of services and network of partner clinics
- Access to Kindbody's library of resources, videos, events, and support groups
- A personalized patient portal

Note: Employees and spouses/partners enrolled on the California Schools VEBA-sponsored Kaiser plan will have access to VEBA discounted rates at Kindbody Signature clinics. Additionally, VEBA members seeking services for fertility preservation (i.e., egg freezing) will have access to discounted rates at Kindbody Signature clinics. These direct discounts are offered directly by Kindbody and not through the California Schools VEBA benefit program.

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California Schools VEBA partners with Kindbody to provide you with fertility and family-building services



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Employees and spouses/partners who are enrolled in the California Schools VEBA-sponsored Kaiser plans have access to VEBA discounted rates at Kindbody Signature clinics. These discounts are 100% self-paid and are offered directly by Kindbody and not through the California Schools VEBA benefit program.

You will receive discounts on the following services

- Fertility services including in vitro fertilization (IVF), intrauterine insemination (IUI), preservation (egg, embryo or sperm freezing) at Kindbody Signature clinics and fertility medications through KindbodyRx
- Conception, fertility, and male assessments at Kindbody Signature clinics to help you learn more about your fertility
- Virtual holistic health services; support includes menopause, mental well-being, nutrition, doula/birth coaches, lactation support, back-to-work care, and more
- Access to Kindbody's [library](#) of resources, videos, events, and support groups
- A personalized patient portal

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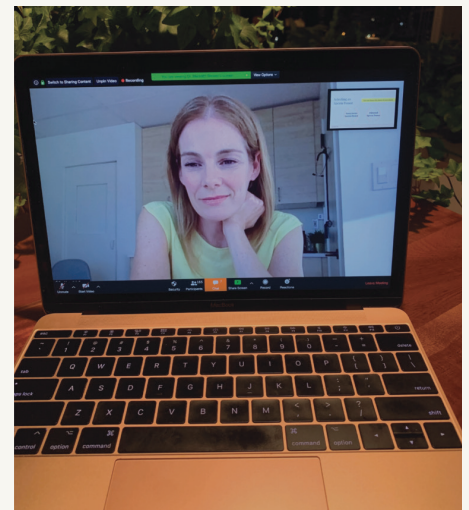
Menopause Support

Program Overview

All women experience menopause differently. Our menopause support includes preventative health and hormone replacement therapy, as well as diet and lifestyle modifications to address menopausal symptoms. Kindbody additionally provides access to nutritionists, therapists, and coaches specialized in menopausal issues.

Program Features

- Virtual visit with Kindbody physicians or board certified gynecologists
- Lifestyle assessment
- Hormone and diagnostic testing
- Referral and navigation to local in-network providers
 - Primary care physician
 - Gynecologist
 - Psychologists / psychiatrists
- Virtual follow-up to review results
- Prescription hormone therapy (if needed)
- Three holistic health sessions based on individual needs
- Kindbody patient navigators
- E-books, webinars, workshops, and support groups
- Menopause community
- Blogs, content, on demand educational videos



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