

NAVIGATING WELL-BEING PLATFORM

At HR Wellbeing, we believe in a personalized approach to well-being, constantly adapting our resources and services to meet the diverse needs of faculty and staff in different life stages, ensuring tailored solutions for thriving beyond wellness.



Gympass

Gympass an all-in-one subscription that brings you thousands of in-person gyms and studios daily to find what feels good. Plans start at just \$9.99/ month and kickoff with a 7-day free trail.



Calm is a popular meditation and relaxation app that offers a wide range of guided sessions, soothing music, and calming bedtime stories to help users manage stress, improve sleep, and find inner peace. Available for Kaiser Members ONLY



Headspace: Free Mind/Body/Sleep app for Family too! Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.



Classpass is a fitness and wellness platform that gives you worldwide access to thousands of top-rated gyms, fitness studios, salons and spas in a class credits system.

Available for Kaiser Permanente and Non-Kaiser members



Ginger is a mental health app that provides on-demand support for emotional well-being. Ginger features include therapy sessions, guided self-care exercises, and personalized coaching.

Only for Kaiser Permanente members



MyStrength is a versatile mental wellness app designed to support individuals in their journey towards emotional wellbeing.

Available for Kaiser Members & Anthem Members

working
ADVANTAGE

Working Advantage offers faculty and staff-exclusive discounts on entertainment, travel, and shopping, provides valuable savings and enhance work-life balance. Grab savings on Disneyland tickets, Universal Studios tickets, Apple products and many more.



Perks at Work provides faculty and staff with exclusive discounts, rewards, and offers from a variety of brands. It provides recognition programs, wellness initiatives and virtual seminars to enhance overall faculty and staff satisfaction.



To Request More Information Scan the QR Code

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