



Employee Lactation Support

Kaiser Permanente is a leader in supporting breastfeeding and has made a commitment to supporting its members, patients and employees.

Below are a few highlights of what Kaiser Permanente provides employees who are breastfeeding:

- Breastfeeding accommodations
- Access to private space, shielded from view, near your work area
- A reasonable amount of break time to express breast milk
- Designated Human Resource Consultants are available to assist you

How do I submit a request for breastfeeding accommodation(s)?

- Contact your manager to request an accommodation. If you should need additional support, you can reach out to your Human Resource Consultant.
- Special rules and rights apply to employees working in San Francisco. Refer to the Employee Lactation Support Policy Addendum for more information.

Additional resources can be found on kp.org/myhr/lactationsupport including:

- Employee Lactation Support Guide
- Lactation Room Locations
- Breastfeeding Classes & Counselors

In accordance with California law, we distribute our lactation policy to new employees. To view the policy online, visit kp.org/myhr/lactationsupport.

Healthy Workforce



Wellness Programs & Resources

KP has an abundance of programs and resources to support you, wherever you are, on your journey to better health and well-being.

Get Moving with Go KP

Go KP is an online wellness challenge platform where you can track your activities, connect with co-workers, and more!

kp.org/gokp

Healthy Eating

We offer healthy food in all our food venues, from our hospital cafeterias to our on-site farmers' markets. We also have fun resources to support a culture of healthy eating at work, such as healthy team celebrations, recipes, and more.

Wellness Coaching

Whether your personal goals are to eat well, move more, reduce stress, lose weight, or quit tobacco, a personal wellness coach can help. This service is available for free to KP members.

Total Health Assessment (THA)

This easy-to-use online survey gives you a big-picture view of your health and personalized recommendations to help reach your goals. Available for all KP members.

kp.org/tha

Mental Health and Wellness

Our mental health and wellness impacts all areas of our lives. It affects how we think, feel, and act while also determining how we handle stress, relate to others, and make decisions. We have many resources to support your mental health.

Employee Assistance Program

The Employee Assistance Program (EAP) offers a free and confidential environment where you can discuss any work or personal related problem with a trained professional and get the support you need.

kp.org/eap

Visit kp.org/healthyworkforce to access these resources and more.

