



Kentucky Employees'
Health Plan

Take Care Kentuckians: At-home KEHP Member Resources

Nutrition, Cooking and Fitness Resources



The LivingWell Program, powered by WebMD ONE, has a variety of tools and resources to help you with nutrition, recipes, and physical activity. To access these resources, head to your WebMD ONE portal at KEHPLivingWell.com and check out the below 3 pages.

- **Resources Page:** Click on the menu bar in the top right and click on "Resources."
- **Wellness Videos Page:** Under the "My Health" tab, look for the card titled "Wellness Videos." This will be located under the section titled "Recommended for you."
- **Coaching Page:** For more personalized resources around nutrition or fitness, try connecting with a WebMD Health Coach directly. To get started, click on the menu bar and select "Coaching."

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