



Kentucky Employees'
Health Plan

Take Care Kentuckians: At-home KEHP Member Resources

Nutrition, Cooking and Fitness Resources



StayWell, KEHP's well-being partner, has a variety of videos to help you with cooking, maintaining a fitness routine without a gym, and engaging your children in activities to keep them occupied.

- *Go to [KEHPLivingWell.com](https://www.kehplivingwell.com) and then to the **Resources** section*

