

# Lifestyle Medicine

KAISER PERMANENTE • DIABLO SERVICE AREA • LIFESTYLE MEDICINE DEPARTMENT



## Online Classes

### Plant-Based Eating

Have you ever considered a whole food plant-based lifestyle but don't know where to start? In this 2-hour introductory class you'll learn about the benefits of fueling your body with nutritious and delicious whole plant-based foods and filling your plate with healthy choices. Completion of this class is required to enroll in Lifestyle Strong or Health Achieved Through Lifestyle Transformation (HALT). Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



### Lifestyle Strong

In this 12-session program, learn how to implement a whole food plant-based lifestyle so you can feel happier and more energetic, and prevent or manage chronic diseases like diabetes and heart disease. Discover how to add more nutrient-dense fruits and vegetables to your meals, minimize consumption of processed foods, and eat intuitively. Learn how to upgrade other lifestyle habits that are essential for optimal health: exercise, sleep, stress management, and social connections.



### Health Achieved Through Lifestyle Transformation (HALT)

In this 24-week medically monitored program (12 group sessions and 12 coaching appointments), our goal is to treat and reverse diabetes and coronary artery disease. Learn how to implement a whole food plant-based lifestyle, as well as improve lifestyle habits like increasing physical activity, improving sleep, and managing stress. Only for health plan members who have diabetes with an A1C 8-10% or coronary artery disease.



### KP Online Store

Purchase health products recommended by your provider  
Visit [kponlinestore.com](http://kponlinestore.com) or call 925-556-4297

## Online Resources

[kpdoc.org/lifestylemedicine](http://kpdoc.org/lifestylemedicine) – information on lifestyle medicine

[youtube.com/@dsalifestylemedicine](http://youtube.com/@dsalifestylemedicine) – watch videos to improve your lifestyle

[kp.org/recipes](http://kp.org/recipes) – healthy recipe ideas

[kp.org/exercise](http://kp.org/exercise) – variety of fitness deals

- ClassPass (virtual workouts)
- Active&Fit Direct (gym discounts)
- ChooseHealthy (reduced rates on fitness, health and wellness products)

[kp.org/selfcareapps](http://kp.org/selfcareapps) – wellness apps to improve your sleep, mood, relationships, and more

[kp.org/healthylifestyles](http://kp.org/healthylifestyles) – personalized online programs to help you create an action plan to reach your health goals

[kpdoc.org/stress](http://kpdoc.org/stress) – tools and resources to help manage stress

[kpdoc.org/diabetes](http://kpdoc.org/diabetes) – personalized information for your diabetes care

[forksoverknives.com](http://forksoverknives.com) – recipes, meal planning and cooking ideas

[pblife.org](http://pblife.org) – variety of resources and recipes for a plant-centered lifestyle

[kickstart.pcrm.org](http://kickstart.pcrm.org) – 21-day vegan kickstart meal plan

[nutritionfacts.org](http://nutritionfacts.org) – latest updates on nutrition research

[ewg.org](http://ewg.org) – shoppers guide on avoiding pesticides

**Lifestyle Medicine is the use of evidence-based lifestyle approaches, such as a whole food plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection as a primary therapeutic modality for treatment and reversal of chronic diseases.**

### Cooking with Tofu

Like a classic button-down white shirt, tofu is adaptable and can be dressed up or down. Take it to a casual picnic in “egg” salad or make it fancy with a lemon caper sauce. From breakfast scrambles to hearty stews to decadent desserts—tofu’s neutral flavor can go sweet or savory. Its countless variations in texture include creamy, crispy, and spongy. Tofu can play with flavors from around the globe, from Thai curry to Italian parmesan to Jamaican jerk.

### Doctor's Orders: Take Your Pulses

Pulses are the dried seeds of legume plants—beans, lentils, and dried peas. Just half a cup a day of this affordable plant-based protein can help you to maintain a healthy weight and reduce your risk of chronic diseases. Learn about the wide range of pulses that you can incorporate into your diet, from starring in an entrée to blending into the background of desserts. Cook from dried, open a can, or freeze ahead—choose the option that works best for your lifestyle! Expand your culinary horizons with pulse dishes from around the world.

### Kick Flavors Up a Notch

Less salt, less fat, sugarless, and meatless—eating healthy doesn’t have to be flavorless. On the contrary, it’s about abundance—whole foods, rich in plants, a rainbow of colors, and full of flavor. Learn how to add flavor to plant-forward dishes without relying on processed seasonings. Train your taste buds to balance salty, sweet, sour, and umami. Master the fundamentals of global flavor notes so you can save time in composing your own delicious symphonies.

**Lifestyle Medicine**  
**925-779-5444**



## Health Education Centers

**Antioch Medical Center**  
4501 Sand Creek Road  
Deer Valley Building 1  
Antioch, CA 94531

**Dublin Medical Offices and Cancer Center**  
3100 Dublin Boulevard  
Dublin, CA 94568

**Martinez Medical Offices**  
200 Muir Road  
Ensenada Building 1, 3rd floor  
Martinez, CA 94553

**Park Shadelands Medical Offices**  
320 Lennon Lane  
Yosemite Building  
Walnut Creek, CA 94598

**Pleasanton Medical Offices**  
7601 Stoneridge Drive  
South Building  
Pleasanton, CA 94588

**San Ramon Medical Offices**  
2300 Camino Ramon  
San Ramon, CA 94583

**Walnut Creek Medical Center**  
1425 South Main Street  
Walnut Creek, CA 94596

Call the Lifestyle Medicine Department at 925-779-5444 for class schedules, registration, and fees, if applicable.

**To protect our members and community, class offerings are subject to change based upon local guidelines and policies.**

# Mind, Body, and Spirit

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources



### Emotional Wellness

Daily life can bring many stressors and affect your wellness. In this 1-session class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and the symptoms of depression. We'll also provide an overview of available resources. *Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



### Managing Depression

Depression is common, real, and treatable. In this multi-session series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You'll also learn techniques to relax and approach your life with mindfulness.



### Understanding Anxiety

In this multi-session series, you'll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We'll help you explore your thoughts and learn to approach instead of avoiding what you fear. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness.



### Managing Your Stress

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. In this multi-session series, you'll learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. *Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



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## My Doctor Online Shortcuts to better health

[kp.org/mydoctor](http://kp.org/mydoctor)

- Email your doctor
- Schedule routine & lab appointments
- View most lab results
- Check preventive health screenings

[kpdoc.org/videovisits](http://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](http://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kp.org/mindbody](http://kp.org/mindbody) – information on mind-body and emotional wellness

[kpdoc.org/stress](http://kpdoc.org/stress) – tools and resources to help manage stress

[kp.org/depression](http://kp.org/depression) – tools and resources to help manage depression

[kpdoc.org/sleep](http://kpdoc.org/sleep) – tools and resources to get healthy sleep

[kpdoc.org/anxiety](http://kpdoc.org/anxiety) – tools and resources to help manage anxiety

[kpdoc.org/ADHD](http://kpdoc.org/ADHD) – resources for Attention Deficit Hyperactivity Disorder

[kp.org/domesticviolence](http://kp.org/domesticviolence) – information & resources on how to get help & support

[kp.org/healthylifestyles](http://kp.org/healthylifestyles) – personalized assessments and action plans to help manage stress, insomnia, and depression

[kp.org/listen](http://kp.org/listen) – watch videos or listen to podcasts on a variety of health topics

[kp.org/selfcare](http://kp.org/selfcare) – self-care tools, tips, and activities

[findyourwords.org](http://findyourwords.org) – depression help and support

[kp.org/espanol](http://kp.org/espanol) – resources in Spanish

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.**



### Managing Anger

When anger causes problems with family, friends, colleagues, we can help. In this multi-session series, you will learn how to identify anger triggers, develop communication skills, and practice new ways to respond. Note: This series does not satisfy the court-ordered treatment required for domestic violence. Additional anger management resources:

[kp.org/health](http://kp.org/health) (Search "Anger")

[mycourtclass.org](http://mycourtclass.org) – anger management online classes



### Couples Communication

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This multi-session series is specifically designed for couples in committed relationships. *Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



### Improving Your Sleep

Want to fall asleep quicker, sleep more soundly, and wake up feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them. This multi-session series does not address medical conditions that interfere with sleep. *Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



### Wellness Coaching by Phone

Ready to lose weight, eat healthier, lower stress, move more, or quit smoking? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes. *Available in Spanish & interpreters for other languages.*

To schedule your appointment, call **1-866-251-4514** or visit

[kpdoc.org/wellnesscoaching](http://kpdoc.org/wellnesscoaching).



### Support for Emotional Wellness

On-demand self-care apps at no cost, visit [kp.org/selfcareapps](http://kp.org/selfcareapps).

- **Calm:** The number one app for sleep and meditation – designed to help lower stress, anxiety, and more.
- **Ginger:** Text one-on-one with an emotional support coach anytime, anywhere. Support is just a text message away.
- **myStrength:** Build a personalized plan to strengthen your emotional health whenever, wherever you need to.

Note: Sign into [kp.org](http://kp.org) before making an app account.



### National Domestic Violence Hotline

For toll-free, 24 hours a day, 7 days a week support with safety planning, housing options and local referrals, call **1-800-799-SAFE (7233)** or visit [thehotline.org](http://thehotline.org). If you are in immediate danger, dial **911**.



### Mental Health/Chemical Dependency Information

Antioch Medical Center: **925-777-6300**

Pleasanton Medical Offices: **925-847-5051**

Walnut Creek Medical Center: **925-295-4145**

Call the Health Education Center at **1-866-248-0721** for class schedules, registration, and fees, if applicable.

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## Health Education Centers

**1-866-248-0721**

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Yosemite Building  
Walnut Creek, CA 94598

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South Building  
Pleasanton, CA 94588

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San Ramon, CA 94583

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1425 South Main Street  
Walnut Creek, CA 94596

# Pregnancy and Beyond

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources

### Healthy Pregnancy

Learn about common symptoms in the first and second trimesters, comfort measures, nutrition, exercise, staying healthy during pregnancy, and Kaiser Permanente resources. Examine emotional changes during pregnancy and beyond. Learn practical ways to cope with ups and downs of pregnancy and preterm labor precautions. *Take this class in your first or second trimester up to 20 weeks of pregnancy.*

### Centering Pregnancy

Centering is a unique style of prenatal care in a group format. Its aim is to build a community that empowers you to be actively involved in your own care and equips you to make healthy choices throughout your pregnancy and beyond. Centering is a prenatal appointment, support group and education all in one! Referral needed from Ob-Gyn.

For more information, call **925-779-5103**.

### Breastfeeding

Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges.

*We recommend you take this class at 32 weeks of your pregnancy.*

*Available in Spanish and Cantonese.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

### Newborn Care

Wouldn't it be nice if babies came with instruction manuals? In this class, you will learn the information and skills you need to feel confident about caring for your newborn. We'll cover essential topics such as feeding, bathing, diapering, and when to call your physician. Take this class at 32 weeks of your pregnancy. *Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

## My Doctor Online Shortcuts to better health

### [kp.org/mydoctor](http://kp.org/mydoctor)

- Email your doctor
- Schedule routine & lab appointments
- View most lab results
- Check preventive health screenings

[kpdoc.org/videovisits](http://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](http://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy) – everything you need to know about pregnancy and your baby's development

[kpdoc.org/prenatalnutrition](http://kpdoc.org/prenatalnutrition) – video about healthy eating during pregnancy

[kpdoc.org/breastfeeding](http://kpdoc.org/breastfeeding) – comprehensive breastfeeding information and resources

[kp.org/diablo/breastfeeding](http://kp.org/diablo/breastfeeding) – detailed information about breastfeeding

[kpdoc.org/prenataltesting](http://kpdoc.org/prenataltesting) – watch a video on prenatal testing options

[kp.org/listen](http://kp.org/listen) – listen to podcasts on healthy pregnancy and childbirth

[Follow@KPobgynodoc](#) – tweets by a Kaiser Permanente Ob-Gyn physician

[kp.org/espanol](http://kp.org/espanol) – resources in Spanish

## Labor and Delivery

**Antioch Medical Center:**

925-813-6820

**Walnut Creek Medical Center:**

925-295-5200



### KP Online Store

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#### **Childbirth Preparation**

In this class, you will learn breathing and relaxation techniques to use during labor and delivery. We'll discuss pain management options, the role of your coach, hospital procedures, and what to expect before, during, and after delivery. *We recommend you take this class at 32 weeks of your pregnancy. Partners are encouraged to attend virtually. Early registration is recommended. Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

#### **Late Pregnancy – Preparing for Postpartum**

Explore strategies for managing the physical and emotional changes you can experience during the first six weeks after your baby is born. Prepare for the changes in your relationship as baby becomes a part of the family. *Take this class when you are 26+ weeks pregnant.*

#### **In-person Prenatal Hospital Tour**

Thinking about the big event? Now is a perfect time to tour the hospital! This will give you and your partner the opportunity to see our labor, delivery, and Mother/Baby units and learn about what to expect when you go into labor. We highly recommend registering during the third trimester of your pregnancy. *Members Only.*

#### **Virtual Prenatal Hospital Tour**

Take a tour of our Labor & Delivery and Mother/Baby units virtually at [kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy) during any stage of your pregnancy.

#### **Meet the Midwives**

This one-hour class allows you to get acquainted with your delivery teams, get answers to your questions, and learn how to prepare for you and your baby's big day. *Limited availability.*

## **Community Resources**

### **Alameda County Breastfeeding Programs & Services**

Find out how Alameda County communities, programs and services support breastfeeding together. Visit [acphd.org/acbreastfeeds](http://acphd.org/acbreastfeeds).

### **Breast Pump Through Insurance**

Byram provides Kaiser Permanente Health Plan members market leading breast pumps in 2 to 3 business days.

Visit [breastpumps.byramhealthcare.com/kaiser](http://breastpumps.byramhealthcare.com/kaiser).

### **Contra Costa County Breastfeeding Support Warmline**

All parents in Contra Costa County have access to lactation support at no cost through our warmline. Calls will be returned within 24 hours. Call **1-866-878-7767** or visit [linktr.ee/cocobeststart](http://linktr.ee/cocobeststart).

**Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable.**

**To protect our members and community, class offerings are subject to change based upon local guidelines and policies.**

## **Health Education Centers**

**1-866-248-0721**

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# Active and Healthy Seniors

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## Classes and Resources

### Life Care Planning (Advance Directive)

Who'll represent your health care wishes if you're unable to speak for yourself? Learn the role of a health care decision maker and how to complete an advance directive and make it legally valid. If you already have a health care agent, they can attend the class with you.

*Available in Spanish and Filipino.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

For assistance in completing your Advance Directive, please call **1-866-248-0721**. Submit your completed and signed document to the Health Education Department or online by logging onto [kp.org](http://kp.org) (select Medical Record, then Life Care Planning, and click Add a document). Courtesy Notary Services for completed documents are available by appointment only at the Park Shadelands location.

For more information, visit [kp.org/lifecareplan](http://kp.org/lifecareplan).

### Physical Therapy Programs

A variety of physical therapy programs are available for a range of conditions including back, neck, and shoulder issues; temporomandibular joint disorder (TMJ); fall prevention; knee arthritis; sprains, strains, and patella femoral syndrome; lymphedema; and chronic venous insufficiency. *By referral only.*

### Memory Center

The Memory Center is a multi-disciplinary program designed to provide a comprehensive assessment of memory problems and needed resources. We understand how memory loss can affect your life and the lives of loved ones. *By referral only.*

Visit [kp.org/diablo/memorycenter](http://kp.org/diablo/memorycenter) for information and resources.

## My Doctor Online Shortcuts to better health

### [kp.org/mydoctor](http://kp.org/mydoctor)

- Email your doctor
- Schedule routine & lab appointments
- View most lab results
- Check preventive health screenings

[kp.org/covid](http://kp.org/covid) – latest COVID-19 updates

[kpdoc.org/videovisits](http://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](http://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kpdoc.org/seniors](http://kpdoc.org/seniors) – healthy living information and tips for older adults

[kpdoc.org/dementia](http://kpdoc.org/dementia) – information and resources on dementia

[kpdoc.org/dementiaclasses](http://kpdoc.org/dementiaclasses) – register for dementia caregiver classes

[kp.org/healthyaging](http://kp.org/healthyaging) – learn to live longer, healthier, and more independently

[kpdoc.org/preventfractures](http://kpdoc.org/preventfractures) – preventing fractures & falls in older adults

[kpdoc.org/emmi](http://kpdoc.org/emmi) – prepare for a procedure with these interactive programs

[kp.org/heart](http://kp.org/heart) – heart healthy resources

[kp.org/fitness](http://kp.org/fitness) – tips to stay active

[kp.org/mindbody](http://kp.org/mindbody) – information on mind-body and emotional wellness

[kp.org/selfcare](http://kp.org/selfcare) – self-care tools, tips, and activities

[kp.org/nutrition](http://kp.org/nutrition) – tips for healthy eating

[kp.org/medications](http://kp.org/medications) – drug encyclopedia

[kp.org/espanol](http://kp.org/espanol) – resources in Spanish

### KP Online Store



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#### **Bladder Control**

Learn about common causes of urinary incontinence and pelvic organ prolapse as well as exercises, body mechanics, self-care, products, medications, and treatment options. *Members only.*

Visit [kp.org/watch](http://kp.org/watch) to watch *Bladder Control: Tips for Women*.

To register, call **925-813-6420**.

#### **Silver & Fit® Fitness Program**

As a Senior Advantage member (exclusions apply), you are eligible for a complementary membership at selected fitness facilities.

Visit [silverandfit.com](http://silverandfit.com) or call **1-877-427-4788** for more information.

For eligibility verification, call Kaiser Permanente Member Services at **1-877-221-8221**.

#### **Comfort Keepers®**

Comfort Keepers provides in-home care for seniors and other adults in need of assistance with daily activities. Highly trained caregivers travel to clients' home to provide care services and living assistance. As a Kaiser Permanente member, you have access to non-medical, in-home care services at a special discounted price.

**Note:** This service is not a Medicare or Kaiser Permanente benefit.

Visit [comfortkeepers.com](http://comfortkeepers.com) or call **1-888-789-9555**.

#### **Mom's Meals™ NourishCare**

Mom's Meals provides fresh-made, nutritious, home delivered meals that are ready to heat, eat and enjoy. Menu options support those who have specific nutritional needs.

Visit [momsmealsnc.com](http://momsmealsnc.com) or call **1-888-860-9424**.

#### **LifeStation® Medical Alert Monitoring**

Medical alert system that provides 24-hour monitoring for seniors living home alone. Special offer for Kaiser Permanente members.

Visit [lifestationadvantage.com](http://lifestationadvantage.com) or call **1-855-212-6236**.

#### **Bereavement Services**

When you are struggling to cope with the loss of a loved one, you can get support, information, and referral services through our hospice program. Bereavement groups and educational sessions are available virtually throughout the year and are open to the community.

Call **925-229-7817** for more information.

#### **Additional Kaiser Permanente Services:**

- Hospice Program: Visit [kp.org/hospice/ncal](http://kp.org/hospice/ncal) or call **925-229-7800** for more information.
- Clinical social workers are available by referral to discuss aging issues such as dementia, in-home care, and counseling, and to provide information on a variety of community resources.
- Volunteering opportunities:  
Antioch, Delta Fair, Livermore, and Martinez, call **925-813-6367**.  
Dublin, Park Shadelands, Pleasanton, San Ramon, and Walnut Creek, call **925-295-5487**.

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# Childhood and Adolescence

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## Classes and Resources



### Individual Appointment with a Clinical Health Educator

- Healthy Eating, Active Living for Families (ages 6+ years)**  
Learn how to make healthy behavior changes for you and your family: eat healthy, cut sugary drinks, increase physical activity, and create healthy lifestyle habits. Receive personalized support to help you reach your family's goals.  
Recommend parent/guardian and child to attend appointment.
- Parenting/Behavior/Discipline (ages 12 months to 5 years)**  
Receive support, education & strategies to help young children manage common concerns related to normal development.
- Sleep (ages 4 months to 5 years)**  
Discuss concerns and review sleep training techniques.
- Feeding (ages 4 to 7 months)**  
**Picky Eating (ages 6 months to 5 years)**  
Review child's eating patterns, picky eating, starting solids, nutritional guidelines, and healthy eating habits.
- Toilet Training (ages 18 months to 5 years)**  
Review strategies for toilet training and address regression related to normal development.



### 1-2-3 Magic: Effective Discipline for Children Ages 2 to 12

Developed by Thomas W. Phelan of ParentMagic, Inc., this class offers a humorous look at parenting with a serious look at discipline. The techniques you'll learn include disciplining without arguing, yelling, or spanking, and the five tactics for encouraging good behavior.

*Adults only. Open to the community.*

**Fee:** \$15/family for members; \$30/family for nonmembers



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## My Doctor Online Shortcuts to better health

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- Email your child's doctor
- Print immunization records
- Complete well-check questionnaires

[kpdoc.org/videovisits](http://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](http://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kp.org/actforfamily](http://kp.org/actforfamily) – setup access to manage your family's health, family list, & online services or call 1-800-556-7677

[kpdoc.org/parentingyoungchildren](http://kpdoc.org/parentingyoungchildren) – resources and support for parents of young children

[kpdoc.org/healthyhabits](http://kpdoc.org/healthyhabits) – get healthy living tips for the whole family

[kpdoc.org/adhdparenting](http://kpdoc.org/adhdparenting) – get tips on parenting children with Attention Deficit Hyperactivity Disorder (ADHD)

[kpdoc.org/parentnewsletters](http://kpdoc.org/parentnewsletters) – sign up for our *Healthy Babies* and *Healthy Kids* online newsletters

[kpthrivingfamilies.org](http://kpthrivingfamilies.org) – a blog from your Kaiser Permanente physicians

[kp.org/youngadulthealth](http://kp.org/youngadulthealth) – health information and services for young adults

[kpdoc.org/asthmainchildren](http://kpdoc.org/asthmainchildren) – learn simple ways to control asthma triggers

**Follow@KPkiddoc** – get tips on keeping your kids healthy by our Kaiser Permanente pediatrician on Twitter

[kp.org/espanol](http://kp.org/espanol) – resources in Spanish

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.**

## Community Resources



### Behavioral Health

[chadd.org](http://chadd.org) – Children and Adults with Attention-Deficit/Hyperactivity Disorder (ADHD)

[preventiveoz.org](http://preventiveoz.org) – Preventive Ounce – Temperament questionnaire

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) – National Suicide Prevention Lifeline (1-800-273-8255 or 988)

### **Kaiser Permanente Mental Health Departments**

- Delta Fair Medical Offices: 925-777-6300
- Pleasanton Medical Offices: 925-847-5051
- Walnut Creek Medical Center: 925-295-4145



### Cardiopulmonary Resuscitation (CPR) & First Aid

[redcross.org/take-a-class](http://redcross.org/take-a-class) – American Red Cross (1-800-733-2767)



### Nutrition & Lifestyle

[choosemyplate.gov](http://choosemyplate.gov) – United States Department of Agriculture

[eatright.org/for-kids](http://eatright.org/for-kids) – Academy of Nutrition and Dietetics

[ebparks.org](http://ebparks.org) – East Bay Regional Park District

[healthychildren.org](http://healthychildren.org) – American Academy of Pediatrics



### Puberty/Sexual Health

[lgbthotline.org](http://lgbthotline.org) – LGBT National Help Center (1-800-246-7743) – support for lesbian, gay, bisexual, transgender, queer & questioning people

[plannedparenthood.org/parents](http://plannedparenthood.org/parents) – Planned Parenthood (1-800-230-7526)



### Quitting Tobacco & Vaping

[kickitca.org](http://kickitca.org) – Kick It California (1-800-300-8086) for free, confidential telephone counseling for quitting smoking, vaping or smokeless tobacco. For quit vaping, text "KPNOVAPE" to 66819. For ages 14+. *Multiple languages available.*

[truthinitiative.org/quitecigarettes](http://truthinitiative.org/quitecigarettes) – Truth Initiative – text-based support for quitting vaping. Text "DITCHVAPE" to 88709

[e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov) – Surgeon General – learn the facts and risks of e-cigarette use among youth and young adults

[teen.smokefree.gov](http://teen.smokefree.gov) – Teen Smokefree – online support for quitting through phone texting, smartphone apps, twitter, blogs, and forums

Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable.

**To protect our members and community, class offerings are subject to change based upon local guidelines and policies.**

## Health Education Centers

**1-866-248-0721**

Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

### **Antioch Medical Center**

4501 Sand Creek Road  
Deer Valley Building 1  
Antioch, CA 94531

### **Dublin Medical Offices and Cancer Center**

3100 Dublin Boulevard  
Dublin, CA 94568

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Martinez, CA 94553

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Yosemite Building  
Walnut Creek, CA 94598

### **Pleasanton Medical Offices**

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South Building  
Pleasanton, CA 94588

### **San Ramon Medical Offices**

2300 Camino Ramon  
San Ramon, CA 94583

### **Walnut Creek Medical Center**

1425 South Main Street  
Walnut Creek, CA 94596

# Managing Diabetes

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources



### Diabetes Basics

You can feel better and be active and healthy when you apply the basics of managing your Type 2 diabetes. In this class, we give you an overview of the five key areas of management: eating healthy, being active, monitoring your blood sugar levels, using medication correctly, and managing emotional health.

*Available in Spanish, Cantonese, and Filipino.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



### Diabetes Healthy Eating

Feel better and eat well with diabetes. Get tips on preparing meals and reading food labels. Find ways to prepare your favorite foods and make healthy choices when eating out. With smart planning and balanced choices, eating well can still taste great.

*Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



### Diabetes Nutrition and Carbohydrate Counting

This more in-depth class is focused on learning to count carbohydrates and how to follow the recommended carbohydrate intake at meals and snacks. The class will discuss reading food labels and using other resources to support healthy eating habits.

To register, call **925-779-4371**.



### Individual Appointment with a Clinical Health Educator

During this appointment, the Clinical Health Educator will help support and motivate you in reaching your diabetes related health goals and proper use of your glucose meter.

*Available in Spanish & interpreters for other languages.*

To schedule your appointment, call **1-866-248-0721**.



### KP Online Store

Purchase health products recommended by your provider  
Visit [kponlinestore.com](http://kponlinestore.com) or call 925-556-4297

## My Doctor Online Shortcuts to better health

### [kp.org/mydoctor](http://kp.org/mydoctor)

- Email your doctor
- Schedule routine & lab appointments
- View most lab results
- Check preventive health screenings

[kpdoc.org/videovisits](http://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](http://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kpdoc.org/diabetes](http://kpdoc.org/diabetes) – personalized information for your diabetes care

[kpdoc.org/prediabetes](http://kpdoc.org/prediabetes) – tools to help you manage your prediabetes

[kpdoc.org/healthyweight](http://kpdoc.org/healthyweight) – comprehensive healthier weight programs and resources

[kpdoc.org/stress](http://kpdoc.org/stress) – tools and resources to help manage stress

[kp.org/selfcare](http://kp.org/selfcare) – self-care tools, tips, and activities

[kp.org/heart](http://kp.org/heart) – heart healthy resources

[kpdoc.org/phase](http://kpdoc.org/phase) – resources to prevent heart attacks and strokes everyday

[kp.org/medications](http://kp.org/medications) – drug encyclopedia

[kp.org/espanol](http://kp.org/espanol) – resources in Spanish

[safeneedledisposal.org](http://safeneedledisposal.org) – safe needle/sharps disposal

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### **Lifestyle Medicine**

The Lifestyle Medicine Department offers classes focused on a whole food plant-based lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections as the primary treatment and reversal of chronic diseases. Visit [kpdoc.org/lifestylemedicine](http://kpdoc.org/lifestylemedicine) or call 925-779-5444 for more information.

### **Prediabetes**

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this 1-session class. *Available in Spanish.* (Ages 16-17: Parent and teen attendance together is recommended). Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

### **Wellness Coaching by Phone**

Ready to lose weight, eat healthier, lower stress, move more, or quit smoking? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes. *Available in Spanish & interpreters for other languages.*

To schedule your appointment, call 1-866-251-4514 or visit [kpdoc.org/wellnesscoaching](http://kpdoc.org/wellnesscoaching).

### **Healthy Weight 1**

Lose weight, develop healthy habits, and gain confidence. This 6-session program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older). *Available in Spanish.* Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

### **Healthy Weight 2**

For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-session program. (Ages 18 and older). Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

### **Emotional Wellness**

Daily life can bring many stressors and affect your wellness. In this 1-session class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and the symptoms of depression. We'll also provide an overview of available resources. *Available in Spanish.* Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

### **Managing Your Stress**

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. In this multi session series, you'll learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. *Available in Spanish.* Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).

**Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable.**

**To protect our members and community, class offerings are subject to change based upon local guidelines and policies.**

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2300 Camino Ramon  
San Ramon, CA 94583

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1425 South Main Street  
Walnut Creek, CA 94596

# Manejando Su Diabetes

KAISER PERMANENTE • AREA DE SERVICIO DIABLO • DEPARTAMENTO DE EDUCACION DE LA SALUD



## Clases y Recursos

### Información básica sobre la diabetes (Diabetes Basics)

Tu puedes sentirte mejor, estar activo y saludable cuando aplicas lo básico sobre el manejo de tu diabetes tipo 2. En esta clase, nosotros te brindamos una descripción general de las 5 áreas claves del control: comiendo saludablemente, estando activo, monitoreando tus niveles de azúcar en la sangre, usando correctamente los medicamentos y controlando la salud emocional.

Regístrate en linea en [kpdoc.org/classes](http://kpdoc.org/classes).

### Alimentación saludable con diabetes (Diabetes Healthy Eating)

Siéntete mejor y come bien con diabetes. Obtenga consejos sobre cómo preparar comidas y leer las etiquetas de los alimentos. Encuentre maneras de preparar sus comidas favoritas y tome decisiones saludables cuando salga a comer. Con una planificación inteligente y elecciones balanceadas, comer bien aún puede tener un gran sabor.

Regístrate en linea en [kpdoc.org/classes](http://kpdoc.org/classes).

### Cita Individual con el Educador Clínico de la Salud (Individual Appointment with a Clinical Health Educator)

Durante esta cita, el educador clínico de la salud le ayudará y motivará para alcanzar sus metas saludables relacionadas a la diabetes, y también usted aprenderá un uso adecuado del glucómetro. Para programar su cita, llamar al **1-866-248-0721**.

### La tienda en línea de KP

Compre productos de salud recomendados por su proveedor  
Visite [kponlinestore.com](http://kponlinestore.com) o llame al 925-556-4297

## Mi Médico en Línea Atajos y consejos para mejorar su salud

### [kp.org/espanol](http://kp.org/espanol)

- Su información médica de Kaiser
- Videos de salud en español
- Enciclopedia de salud en español

[kpdoc.org/diabetesespanol](http://kpdoc.org/diabetesespanol) – información sobre diabetes

[kp.org/corazon](http://kp.org/corazon) – un corazón saludable

[kp.org/fitness/espanol](http://kp.org/fitness/espanol) – información para estar más activo

[kp.org/fumar](http://kp.org/fumar) – dejar de fumar

[kp.org/nutricion](http://kp.org/nutricion) – información sobre la nutrición

[kp.org/peso](http://kp.org/peso) – un peso saludable

[kp.org/vidasana](http://kp.org/vidasana) – programas de salud en línea

- Baje de peso
- Aliméntese saludablemente
- Deje de fumar
- Reduzca el estrés

[kp.org/enciclopedia](http://kp.org/enciclopedia) – enciclopedia de la salud

[Siga@KPbuenasalud](mailto:Siga@KPbuenasalud) – reciba mensajes “tuits” por parte de su médico

**Texto: 45356** (escriba “diabetes”) recibir información sobre la diabetes en su teléfono



**El departamento de Educación de la Salud procura a mejorar la salud total de nuestros miembros y la comunidad que servimos. Animamos que sea una pareja activa en el manejo de su salud y prevención de enfermedades.**

 **Prediabetes  
(Prediabetes)**

¿Usted o su hijo tienen prediabetes?

Aprenda como prevenir y retrasar la diabetes tipo 2 en esta clase de una sola sesión. (Edades 16-17: Se recomienda que los padres y los adolescentes asistan juntos).

Regístrese en linea en [kpdoc.org/classes](http://kpdoc.org/classes).

 **Logre sus metas de salud con un instructor de bienestar  
(Wellness Coaching by Phone)**

¿Se encuentra usted listo para perder peso, comer saludable, reducir el estrés, o dejar de fumar? Un instructor del bienestar de la salud puede ayudarlo mediante una cita por teléfono a reactivar su motivación con un plan personalizado para poder incorporar hábitos de estilo de vida saludables. Programe su cita en linea en

[kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching) o llame al **1-866-251-4514**.

 **Peso saludable 1  
(Healthy Weight 1)**

Desarrolle hábitos saludables, maneje su peso y aumente su confianza. Este programa de 6 sesiones abarca una alimentación saludable para poder bajar de peso, hacer más actividad física, manejar el estrés, el sueño, afrontar desafíos comunes y hacer cambios duraderos. Este curso se puede tomar por sí solo o tambien le puede servir como una base para otras estrategias para bajar de peso. Esta es la primera de 6 sesiones. El personal de educación para la salud lo inscribirá a usted en las sesiones restantes. Esta clase tambien se ofrece en español.

Regístrese en linea en [kpdoc.org/classes](http://kpdoc.org/classes).

 **Salud emocional y bienestar  
(Emotional Wellness)**

La vida diaria nos puede traer muchos estresantes que nos pueden afectar nuestro bienestar. En esta clase de una sesión, nosotros le ayudaremos a identificar las causas de su estrés y tambien aprenderá simples técnicas que lo ayude a relajarse, lidiar con la ansiedad, y los síntomas de depresión. Nosotros tambien le brindaremos ejemplos de los recursos disponibles de Kaiser Permanente.

Regístrese en linea en [kpdoc.org/classes](http://kpdoc.org/classes).

 **Serie para manejar el estrés  
(Managing Your Stress Series)**

Disfrute más de la vida. Algunas emociones, pensamientos y comportamientos pueden afectar su salud. En esta serie de sesiones múltiples, aprenderá a reconocer las causas de estrés en su vida, controlar los síntomas y enfermedades relacionados con el estrés, y tambien desarrollará hábitos de vida saludables de cómo cuidarse asimismo mejor. Regístrese en linea en [kpdoc.org/classes](http://kpdoc.org/classes).

Llame al Centro de Educación para la Salud al **1-866-248-0721** para información sobre los horarios de las clases, inscripción, y el costo, si corresponde.

**Para proteger a nuestros miembros y a la comunidad, las ofertas de clases están sujetas a cambios según las pautas locales.**

**Centros de Educación  
Para la Salud**  
**1-866-248-0721**

Los Centros de Educación Para la Salud están abiertos a miembros y la comunidad. Tenemos una variedad de información sobre la salud para apoyar a usted y su familia.

**Antioch Medical Center**  
4501 Sand Creek Road  
Deer Valley Building 1  
Antioch, CA 94531

**Dublin Medical Offices and  
Cancer Center**  
3100 Dublin Boulevard  
Dublin, CA 94568

**Martinez Medical Offices**  
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**Walnut Creek Medical Center**  
1425 South Main Street  
Walnut Creek, CA 94596

# Nutrition and Weight

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources



### Healthy Weight 1

Lose weight, develop healthy habits, and gain confidence. This 6-session program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older).

*Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



### Healthy Weight 2

For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-session program.

(Ages 18 and older).

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



### Individual Appointment with a Clinical Health Educator

During this appointment, the Clinical Health Educator will help support and motivate you in reaching your healthy weight goals.

*Available in Spanish & interpreters for other languages.*

To schedule your appointment, call **1-866-248-0721**.



### Wellness Coaching by Phone

Ready to lose weight, eat healthier, lower stress, move more, or quit smoking? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes.

*Available in Spanish & interpreters for other languages.*

To schedule your appointment, call **1-866-251-4514** or visit

[kpdoc.org/wellnesscoaching](http://kpdoc.org/wellnesscoaching).



### KP Online Store

Purchase health products recommended by your provider  
Visit [kponlinestore.com](http://kponlinestore.com) or call 925-556-4297

## My Doctor Online Shortcuts to better health

### [kp.org/mydoctor](http://kp.org/mydoctor)

- Email your doctor
- Schedule routine & lab appointments
- View most lab results
- Check preventive health screenings

[kpdoc.org/videovisits](http://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](http://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

### [kpdoc.org/healthyweight](http://kpdoc.org/healthyweight)

comprehensive healthy weight programs and resources

### [kp.org/recipes](http://kp.org/recipes) – healthy recipe ideas

[kp.org/healthylifestyles](http://kp.org/healthylifestyles) – personalized online programs to help you create an action plan to reach your health goals

### [kp.org/exercise](http://kp.org/exercise) – variety of fitness deals

- ClassPass (virtual workouts)
- Active&Fit Direct (gym discounts)
- ChooseHealthy (reduced rates on fitness, health and wellness products)

[kpdoc.org/stress](http://kpdoc.org/stress) – tools and resources to help manage stress

[kp.org/selfcare](http://kp.org/selfcare) – self-care tools, tips, and activities

[kp.org/espanol](http://kp.org/espanol) – resources in Spanish

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.**

### **Lifestyle Medicine**

The Lifestyle Medicine Department offers classes focused on a whole food plant-based lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections as the primary treatment and reversal of chronic diseases. Visit [kpdoc.org/lifestylemedicine](http://kpdoc.org/lifestylemedicine) or call 925-779-5444 for more information.

### **Medical Weight Management Program\* (Orientation Session)**

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The long-term program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a no cost, one-hour information session to find out more. (Ages 18 and older). *Open to the community.*

Visit [kphealthyweight.com/orientations](http://kphealthyweight.com/orientations) or call 925-295-7795 for orientation dates and times.

\*Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.

### **Weight Loss Surgery**

Visit Kaiser Permanente Northern California Bariatric Surgery website at [bariatric-northerncalifornia.kp.org](http://bariatric-northerncalifornia.kp.org) for information on:

- Weight loss surgeries performed at Kaiser Permanente
- What to expect before and after surgery
- Details on our bariatric surgeons and surgery sites

### **“Prepare for Your Procedure – Emmi” programs**

Understand what will happen before, during and after a medical procedure with these interactive programs (approximately 30 minutes).

Visit: [kpdoc.org/mydoctor](http://kpdoc.org/mydoctor)

- Enter your provider's name in search field
- Select “Tools and classes” (under “Resources for my Patients”)
- Select “Prepare for Your Procedure – Emmi”
- Select (under Weight Loss Surgery):  
**Gastric Bypass, Laparoscopic Sleeve Gastrectomy**

Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable.

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# Tobacco Free

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources



### Individual Appointment with a Clinical Health Educator

During this appointment, the Clinical Health Educator will provide strategies for quitting, support, and motivation for you to be successful in staying tobacco/vape free. Additionally, you will get information about tobacco cessation medications. (Ages 18 and older).

*Available in Spanish & interpreters for other languages.*

To schedule your appointment, call **1-866-248-0721**.



### Wellness Coaching by Phone

Ready to quit smoking or vaping, lose weight, eat healthier, lower stress, or move more? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes. (Ages 18 and older).

*Available in Spanish & interpreters for other languages.*

To schedule your appointment, call **1-866-251-4514** or visit [kpdoc.org/wellnesscoaching](http://kpdoc.org/wellnesscoaching).



### Managing Your Stress

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. In this multi session series, you'll learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. *Available in Spanish.*

Online registration available at [kpdoc.org/classes](http://kpdoc.org/classes).



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### Shortcuts to better health

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- Check preventive health screenings

[kpdoc.org/videovisits](http://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](http://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kpdoc.org/quittingtobacco](http://kpdoc.org/quittingtobacco) – resources to help you quit tobacco

[kp.org/quitsmoking](http://kp.org/quitsmoking) – tips and resources to help you quit smoking

[kpdoc.org/stress](http://kpdoc.org/stress) – tools and resources to help manage stress

[kp.org/selfcare](http://kp.org/selfcare) – self-care tools, tips, and activities

[kp.org/healthylifestyles](http://kp.org/healthylifestyles) – personalized online programs to help you create an action plan to reach your health goals

[kp.org/espanol](http://kp.org/espanol) – resources in Spanish

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## Community Resources

### Telephone Support – Kick It California

Provides no cost telephone counseling for quitting smoking, vaping, or smokeless tobacco. For ages 14 and older. You and your counselor will come up with a quit plan. Quit kits and self-help materials are available upon request. *Available in multiple languages.*

#### Phone Numbers & Website

- English: **1-800-300-8086**
- Spanish: **1-800-600-8191**
- Website: [kickitca.org](http://kickitca.org)

### American Lung Association

Offers programs and support to help adults and teens quit smoking. Call **1-800-586-4872** or visit [lung.org/stop-smoking](http://lung.org/stop-smoking) for more information.

### Quit Vape Support Resources

- Truth Initiative text “**DITCHVAPE**” to **88709** or visit [truthinitiative.org/quitecigarettes](http://truthinitiative.org/quitecigarettes)
- Parents and adults looking to help young people quit should text “**QUIT**” to **202-899-7550**
- Kick It California, call **1-800-300-8086** or text “**KPNOVAPE**” to **66819**
- Tobacco Free CA, visit [undo.org](http://undo.org)

### Web and Texting Support

Find tools and support to help you quit; including a texting service. Visit [smokefree.gov](http://smokefree.gov) or [becomeanex.org](http://becomeanex.org).

### Support for Military Service Personnel

Find resources tailored for service personal looking to quit, including a live chat line with a tobacco cessation coach, a texting service, information about medications, and more. Visit [ycq2.org](http://ycq2.org) for additional information.

### Support Group Meetings – Nicotine Anonymous

Call **1-877-879-6422** or visit [nicotine-anonymous.org](http://nicotine-anonymous.org) for more information and meetings in your area.

Call the Health Education Center at **1-866-248-0721** for class schedules, registration, and fees, if applicable.

**To protect our members and community, class offerings are subject to change based upon local guidelines and policies.**

## Health Education Centers

**1-866-248-0721**

Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

### Antioch Medical Center

4501 Sand Creek Road  
Deer Valley Building 1  
Antioch, CA 94531

### Dublin Medical Offices and Cancer Center

3100 Dublin Boulevard  
Dublin, CA 94568

### Martinez Medical Offices

200 Muir Road  
Ensenada Building 1, 3rd floor  
Martinez, CA 94553

### Park Shadelands Medical Offices

320 Lennon Lane  
Yosemite Building  
Walnut Creek, CA 94598

### Pleasanton Medical Offices

7601 Stoneridge Drive  
South Building  
Pleasanton, CA 94588

### San Ramon Medical Offices

2300 Camino Ramon  
San Ramon, CA 94583

### Walnut Creek Medical Center

1425 South Main Street  
Walnut Creek, CA 94596

# Staying Healthy with Lifestyle Medicine

KAISER PERMANENTE • SOUTH SACRAMENTO SERVICE AREA • LIFESTYLE MEDICINE DEPARTMENT



## Interventions

These programs are for people that are serious about making significant changes to their lifestyle and in turn, restoring their health. Participants are supported by an interdisciplinary team of Physicians, Pharmacists, Health Educators, and Behavior Medicine Specialists. Participants incorporate new understandings of Lifestyle Medicine including dimensions of health such as resiliency, physical activity, and life balance. Participants are encouraged to attend class with a support person.

**Structure:** A year-long program; weekly group sessions and coaching appointments.

### Diabetes Prevention Program

Eat well, get active, and learn healthy habits. If you have prediabetes, this one-year program can help you prevent or delay type 2 diabetes. This class offers you a place to share and connect with other participants who'll be by your side the entire time.

### HALT - Health Achieved through Lifestyle Transformation

A long-term intervention designed for people with Type 2 diabetes or Cardiac diagnosis. The goal of this plant-based program is to reverse the disease process that prevents participants from living life to its fullest.

### RACe - Resiliency after Cancer

The RACe program is for breast cancer survivors. This one-year program is plant-centered and provides support around resilience, nutrition and physical activity for women who would like to improve their quality of life after cancer.

## Lifestyle Medicine

*Life is better when you're at your healthiest*

That's why at Kaiser Permanente we're committed to promoting healthy change and helping you achieve your health goals. We offer a dedicated staff and a variety of programs to give you the resources and support you need to help you feel your best and live life to its fullest.

Are you ready to commit to making health-related changes for the better?

On a scale of 1 to 10, with 1 being not at all ready and 10 being extremely motivated, would you place yourself as 7 or higher? If so, then you are a candidate to partner with our team to make things happen for a healthier you. The Department of Lifestyle Medicine offers a unique set of programs designed for individuals who are truly committed to partnering for positive changes in your health and, in turn, your life. Through your extended commitment to our Lifestyle Medicine programs, you will experience the support of our specialized interdisciplinary teams and learn strategies to make changes in your health. We will partner with you to make lasting change, not just for the moment, but for a lifetime.

See reverse side for additional resources to keep you healthy

**Lifestyle Medicine** is the therapeutic use of evidence-based lifestyle interventions to prevent and treat lifestyle related diseases in a clinical setting. It empowers individuals with the knowledge and life skills to make effective behavior changes that address the underlying causes of disease.



### **Plant-Based 101**

The science behind the value of Plant- Based nutrition is compelling. This class will give the WHY behind plant-centered eating and its value in improving health and quality of life. For those that are interested, this class will serve as a prerequisite for the "Plant Strong" program.

**Structure:** 1-hour, one-time class

### **Plant Strong Program**

Available to any participant that does not have one of the chronic conditions outlined in the medically monitored programs above. Plant Strong is a 12-week plant centered program if you'd like to make lifestyle change that could help lower blood sugar (for pre-diabetes) improve weight management, lower blood pressure, and improve overall health.

### **Medical Weight Management Program**

This program may be the answer for you if you have at least 40 pounds to lose. The 82-week program features low calorie meal replacements, medical monitoring, and weekly classes/support sessions. Open to the community. Join us for a free, one-hour information session to find out more. Call to register or go to [kp.healthyweight.com](http://kp.healthyweight.com)

**Program Structure:** 82 weekly group sessions

**Eligibility:** Fee-based program for both members and nonmembers

Services described above are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed.

### **For More Information**

Not quite sure which program you will THRIVE the most in? Give us a call and we will discuss your health needs and decide on the best program to help you make long-term change.

#### **Lifestyle Medicine Clinic**

9201 Big Horn Blvd.  
Elk Grove, CA 95758

10305 Promenade Pkwy.  
Elk Grove, CA 95757

#### **Diabetes Prevention Program**

916-478-5008

#### **HALT - Health Achieved through Lifestyle Transformation, Plant Strong Program, Plant-based 101**

916-478-5139

#### **RACe -Resiliency After Cancer**

916-478-5171

#### **Medical Weight Management**

916-478-5125

# Staying Healthy

## weight management

KAISER PERMANENTE • SOUTH SACRAMENTO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



### **Weight Management Classes – all classes currently offered online only.**

Covered benefit for Kaiser Permanente members only.

**To register call:** Elk Grove 916-478-5680, Promenade 916-544-6220, South Sacramento 916-688-2428

#### **Healthy Weight 1 Series (6 sessions)**

Become healthier through permanent lifestyle changes. Share ideas, discuss challenges, and get support from others. Classes are online (using a phone and a computer with Internet access).

#### **Healthy Weight 2 Series (9 sessions)**

Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this in-person program. Prerequisite: Completion of Healthy Weight 1 Series

#### **Plant-Based 101**

The science behind the value for Plant Based nutrition is compelling. This one hour class will give the WHY behind plant centered eating and its value in improving health and quality of life.

#### **Healthy Eating and Label Reading**

This class will help you understand how to interpret food labels in order to make healthy choices when shopping for food. General healthy eating guidelines and portion sizes will also be discussed.

*Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under your plan or call Kaiser Permanente Member Services for additional information.*

### **Your Health Online**

#### **Shortcuts to better health at [kp.org](http://kp.org)**

**[kp.org/mydoctor/healthyweight](http://kp.org/mydoctor/healthyweight)** – Access online programs, videos, and podcasts

**[kp.org/healthyweight](http://kp.org/healthyweight)** – resources to help you manage your weight

**[kp.org/healthylifestyles](http://kp.org/healthylifestyles)** – personalized assessments and action plans for total health

**[kp.org/weight](http://kp.org/weight)** – information to help you manage weight

**[kp.org/fitness](http://kp.org/fitness)** – help for staying active

**[kp.org/nutrition](http://kp.org/nutrition)** – help for eating well

**[kp.org/recipes](http://kp.org/recipes)** – healthy recipes

**[kp.org/listen](http://kp.org/listen)** - listen to and download healthy podcasts

**[kp.org/espanol](http://kp.org/espanol)** – content in Spanish

**[kp.org/nutricion](http://kp.org/nutricion)** – help for eating well in Spanish

**[kp.org/peso](http://kp.org/peso)** – healthier weight resources in Spanish

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.**

## Other Resources

### Wellness Coach

A coach can help you develop healthy weight plans over the phone. *Members only.* **Call Toll Free:** 1-866-251-4514

### Medical Weight Management Program \*Offered Online

This program may be the answer for you if you have at least 40 pounds to lose. The 82-week meal replacement program features low calorie meal replacements, medical monitoring, and weekly health classes/support sessions. *Open to the Community.* **Registration:** Join us for a free, one-hour information session to find out more about this program. Elk Grove: 916-478-5125 or go to [kphealthyweight.com](http://kphealthyweight.com)

*Services described above are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results vary among patients and cannot be guaranteed.*

**Fitness Classes are non-covered benefits for members and open to the community, located off site. Fees are listed for each class.**

#### Tai Chi and Chi Gong –

Chi Gong promotes good health, vitality, and balance in body, mind, and spirit. The Chinese practice of Tai Chi helps reduce stress, pain, and other symptoms of ongoing conditions.

**Four sessions:** \$28 members; \$32 nonmembers

**Registration:** 916-423-2913

#### Yoga –

Hatha Yoga provides physical and emotional centering, increased endurance and stamina, postural alignment, and maximized energy.

**Four sessions:** \$20 members; \$25 nonmembers

**Registration:** South Sacramento 916-241-9620

## Health Education Centers

Health Education Centers are open to members and the community. We have an extensive variety of health information to support weight management.

Register for one of our many classes or purchase a fitness DVD such as *Chair Dancing*® or *Gaiam's Balance*

*Ball for Weight Loss.* We also have a wide selection of cookbooks available for sale.

Other fitness products include: exercise balls, exercise bands, yoga mats, yoga blocks, and vinyl coated weights. Stop in to browse our full selection.

Call or visit us at the following locations:

#### Elk Grove Medical Offices

9201 Big Horn Blvd.  
Elk Grove, CA 95758  
916-478-5680

#### Promenade Medical Offices

10305 Promenade Parkway  
Elk Grove, CA 95757  
916-544-6220

#### South Sacramento Medical Center

**Medical Office Building 2**  
6600 Bruceville Road  
Sacramento, CA 95823  
916-688-2428

#### Hours of operation:

8:30 a.m. – 5:00 p.m.

## Classes & Support Groups

### ► CANCER SUPPORT GROUP

This monthly group session provides education, support, and resources to patients, family members, and community members dealing with any type of cancer illness/treatment plan. Facilitated by a social worker, each group features a guest speaker, followed by group discussion and socialization.

**Contact: (916) 688-6376**

### ► HEAD AND NECK CANCER SUPPORT GROUP

Facilitated by a oncology registered dietitian and certified health educator, this monthly group session provides education, resources, and support to patients with head and neck cancer, as well as their caregivers. Join us once, or as often as once per month, this group welcomes the support from patients, shared experiences including successes and challenges.

**Contact: (916) 688-2086**

## Oncology Care Services

**Genetic Counseling**

**Clinical Trials Research**

**Health Education**

**Survivorship Care Planning**

## **Additional Resources**

**Release of Medical Information Department**

(916) 525-6940

## **Member Services Department**

Helps with kp.org online enrollment and KP membership cards

(800) 464-4000 (English)

(800) 788-0616 (Spanish)

(800) 757-7585 (Chinese dialects)

## **Financial Services Department**

Located in Admitting, Main Hospital Lobby

## **American Cancer Society**

cancer.org

## **Leukemia & Lymphoma Society**

lls.org

## **National Cancer Institute**

cancer.gov

## **National Comprehensive Cancer Network**

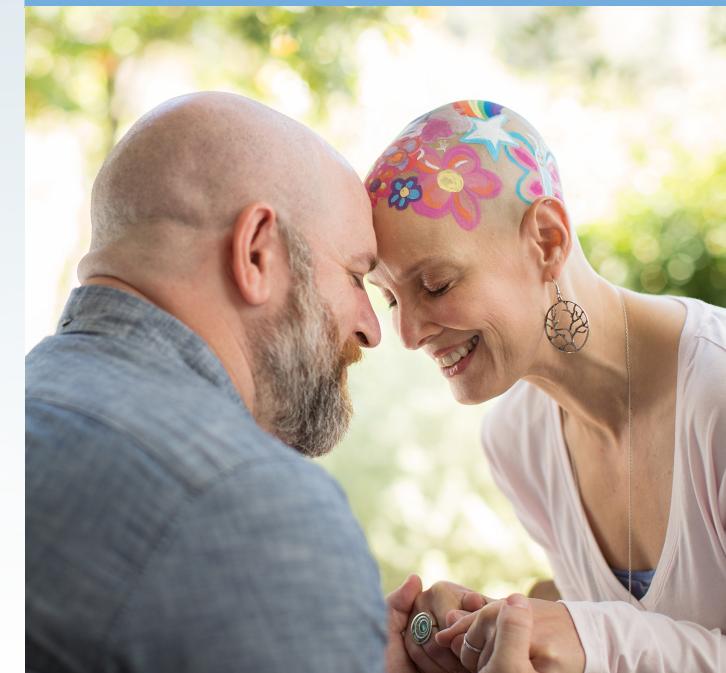
nccn.org

South Sacramento Medical Center  
6600 Bruceville Road Sacramento, CA 95823  
(916) 688-2000

**kp.org**



# Cancer Support Services



SOUTH SACRAMENTO MEDICAL CENTER

**Comprehensive Community Cancer Program**



KAISER PERMANENTE®

# Supporting You & Your Family During Your Journey

Dealing with a cancer diagnosis can be overwhelming. As a Kaiser Permanente member, you're surrounded by a team of doctors, nurses, specialists, and care professionals who are all focused on giving you the best care. This includes supporting you and your family through the many unique challenges that often come with a cancer diagnosis.

Here are some ways we can help:



## ► REGISTERED DIETICIANS

Our registered dieticians can provide information, education, and support for your nutritional needs during and after cancer treatment. This includes helping to manage weight loss or eating difficulties and developing nutritional meal plans to meet your individualized needs.

**Contact: (916) 627-7662**

## ► ONCOLOGY SOCIAL WORKERS

Our oncology social work team can assist you with:

- Coping/counseling support regarding illness, adjustment, and emotional status
- Establishing goals for care discussions
- Community resource planning and support group services
- Care coordination and communication with your care team

**Contact: (916) 688-6376**

## ► BREAST CANCER SUPPORT & MENTORING PROGRAM

This program matches newly diagnosed breast cancer patients with a trained breast cancer survivor who has "walked a mile" in their shoes. These individuals can share their experiences and provide emotional support from a survivor's perspective. Peer navigation can vary widely from just talking on the phone to joining you at visits – even meeting for coffee.

**Contact: Breast Care Coordinator, (916) 688-2597**

# Supporting You & Your Family During Your Journey

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This program matches newly diagnosed breast cancer patients with a trained breast cancer survivor who has "walked a mile" in their shoes. These individuals can share their experiences and provide emotional support from a survivor's perspective. Peer navigation can vary widely from just talking on the phone to joining you at visits – even meeting for coffee.

**Contact: Breast Care Coordinator, (916) 688-2597**

## ► BEHAVIORAL MEDICINE SPECIALISTS

Coping with cancer and treatment can impact lives in ways never imagined. It can cause a full range of emotions that can affect your relationships at home and work. They can also impact your physical functioning and recovery. Whether you know you need support or just have questions, our behavioral medicine psychologist is available for individual appointments. This service is designed for both patients and their caregivers. Please speak to your oncologist for referral.

**Contact: (916) 688-2086**

## ► LIFE CARE PLANNING:

### **What are YOUR wishes?**

If you were not able to communicate for yourself, would your loved ones and medical team know your medical and health care wishes? Life Care Planning helps members at any age with planning and legalizing your plan with an Advance Health Care Directive. Kaiser Permanente's Life Care Planning consultants and classes are available to you, your family, and your health care agent (an individual of your choosing who will support your wishes).

Learn more by visiting one of our KP Health Education Centers or by visiting [kp.org/lifecareplan](http://kp.org/lifecareplan).

### **South Sacramento Medical Center:**

(916) 688-2428

### **Elk Grove Medical Offices (Big Horn Blvd):**

(916) 478-5680

### **Elk Grove Promenade Medical Offices:**

(916) 544-6220

## Classes & Support Groups

### ► CHEMOTHERAPY CLASS

This one-time class provides chemotherapy education and is provided for all patients who will be receiving chemotherapy as part of their treatment plan. The oncology team will reach out to you to schedule this introductory education.

### ► NUTRITION AND EXERCISE FOR THE CANCER SURVIVOR

This one-time class helps members learn what to eat to decrease the risk of recurring cancer and how to gain strength and energy with exercise and nutrition. Join our dietitian and physical therapist and gain valuable resources to not only lift your mood through diet and exercise, but to move you forward in your cancer journey.

**Register at (916) 688-2428**

### ► BREAST CANCER SURVIVORSHIP CLASS

This one-time class is specifically designed for our breast cancer survivors and focuses on lifestyle choices to decrease recurrence risk, how to deal with the fear of a recurrence, and educates breast cancer survivors about some of the rare side effects of treatment that they should be aware of.



**Register at (916) 688-2086**

**More Classes, Services, and Resources continued on back ➔**

# Staying Healthy and managing diabetes

KAISER PERMANENTE • SOUTH SACRAMENTO AREA • HEALTH EDUCATION DEPARTMENT



## Diabetes Classes -

Covered benefit for Kaiser Permanente Members only.

### To register call:

South Sacramento 916-688-2428 or Elk Grove (916) 478-5680.

### Prediabetes-available online or in person

**(available in Spanish)**

Learn how to reduce your risk of diabetes and its complications.

### Diabetes Basics-available online or in person

**(available in Spanish)**

In this class we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing your stress.

### Healthy Eating with Diabetes -available online only

**(available in Spanish-in person)**

Get tips on meal planning, counting carbohydrates, and reading food labels. Learn ways to prepare your favorite foods and how to enjoy eating out healthfully.

### Meal Planning for Diabetes-available online only

Sharpen your carb-counting skills and learn about portions and label reading to assist you with meal planning. Prerequisite: Diabetes Nutrition class.

### Diabetes Support Group-available online only

This monthly support group for individuals with diabetes and their families is led by a registered dietitian.

## Your Health Online Shortcuts to better health at kp.org

**kp.org/diabetes** – tools to help you manage diabetes (also available in Spanish)

**kp.org/healthylifestyles** – personalized assessments and action plans for total health

**kp.org/mydoctor** –  
-Select and communicate with your doctor  
-Access online programs, videos, and podcasts

**kp.org/nutrition** – resources to help you eat healthier

**kp.org/recipes** – recipes for good health

**kp.org/mydoctor/healthyweight** – resources to help you manage weight

**kp.org/lifecareplan** – communicate your health care wishes

**kp.org/quitsmoking** – guide to smoking cessation

**kp.org/nutricion** – resources for eating well in Spanish

**kp.org/peso** – healthier weight resources in Spanish

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.**

### **Nutrition Counseling**

If you have a medical diagnosis that can be helped by diet modification, you can receive individual counseling with a registered dietitian.

*Physician referral required. Members only*

Fee: Office visit cost share. **Contact your Physician for a Referral**

### **Online Video Series:**

#### **Diabetes Basic Information-**

English/Spanish, 20 minutes

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=1591268>

#### **Diabetes and Healthy Eating-**

English/Spanish, 19 Minutes

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=1591272>

#### **Insulin for Diabetes**

This video series will teach you how to prepare and inject insulin.

Insulin video links for direct access: <http://kpdoc.org/insulinvideos>

For video in Spanish: <http://kpdoc.org/insulina>



### **Organizations/Support Services:**

**American Diabetes Association** 1-800-342-2383

Seeks to improve the well being of people with diabetes and their families through education, support, and research.

[www.Diabetes.org](http://www.Diabetes.org)

**National Diabetes Information Clearinghouse** 1-800-860-8747

A diabetes information, education, and referral resource.

## **Health Education Centers**

Health Education Centers are open to members and the community. We have an extensive variety of health information to support your nutrition and fitness needs.

Register for one of our many classes or browse our wide selection of books available for purchase (selections vary by location). Examples of items available for purchase are:

- Diabetes Meal Planning
- Diabetes Carb Control Cookbook
- Secrets of Healthy Cooking
- Latin Comfort Foods Made Healthy
- Diabetes & Heart Healthy Meals
- The Diabetes Comfort Food Cookbook

Call or visit us at the following locations:

#### **Elk Grove Medical Offices**

9201 Big Horn Blvd.  
Elk Grove, CA 95758  
916-478-5680

#### **Promenade Medical Offices**

10305 Promenade Parkway  
Elk Grove, CA 95757  
916-544-6220

#### **South Sacramento Medical Center Medical Office Building 2**

6600 Bruceville Road  
Sacramento, CA 95823  
916-688-2428

#### **Hours of operation:**

Monday – Friday  
9:00 a.m. – 5:00 p.m.

# Staying Healthy

## Tobacco Cessation

KAISER PERMANENTE · SOUTH SACRAMENTO SERVICE AREA · HEALTH EDUCATION



### Make a Plan. Get Support.

#### Free Covered Benefits for Kaiser Permanente Members:

##### In-person or Video Visit Counseling Sessions (4 sessions)

Attend one-on-one sessions with a Clinical Health Educator who will assist you in developing a quit plan, learning about medications, the quit process and staying quit.

**To register call:** 916-688-2428.

##### Telephone Wellness Coach (6 sessions)

Reach your health goals with wellness coaching. Increase your motivation, identify effective strategies, medications, and get support to make an effective quit plan. You and your coach talk one-on-one by phone, when at your own convenience. English and Spanish available.

**To register call:** 1-866-251-4514, 6 a.m. to midnight daily to schedule a coaching appointment or learn more at [kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching)

#### Community resources:

- **Kick It California (1-800-300-8086) or Text “Quit Smoking” to 66819**
  - Free, confidential telephone counseling
  - Convenient hours: days, evenings, weekends
  - Offered in English, Spanish, & other languages, TDD/ TTY
- **Becomeanex.org**
  - Free, interactive online program & tools to quit smoking or vaping.
- **Teen.smokefree.gov**
  - Take control of your life and your health. Use these tools to help you quit smoking and stay on track.
  - Smartphone apps, quizzes and more

### Your Health Online

#### Shortcuts to better health

##### [kp.org/mydoctor](http://kp.org/mydoctor) – My Doctor Online

- Choose and email your doctor
- Get online programs, videos, podcasts, and recommended information from your doctor

##### [kp.org/mydoctor/stayinghealthy](http://kp.org/mydoctor/stayinghealthy)

- Find information on strategies and medications for **Quitting Tobacco**

##### [kp.org/tobaccomedications](http://kp.org/tobaccomedications)

- Learn about the quit tobacco medications available to you. What are they? How do you use them? Who shouldn't use them?

##### [kp.org/quitsmoking](http://kp.org/quitsmoking)

- Find information on strategies and medications for **Quitting Tobacco**

##### [kp.org/healthylifestyles](http://kp.org/healthylifestyles)

- BREATHE: personalized assessments and smoking cessation program

##### [kp.org/espanol](http://kp.org/espanol)

- Information in Spanish

# How You Can Help a Friend/Family Member Quit Tobacco

Your friend or family member is quitting tobacco. This is an incredibly important thing to do, though it can often be hard. Having support has been shown to be one of the important factors for success. Here are some helpful tips:

- **Be very positive.** *Make an effort to notice each success and reinforce these successes with words of support.*
- **Check in daily, especially during the first week.**
- **Be aware of the disruption.** *Your friend/family may become irritable at times – as we all would if something we had grown accustomed to and dependent on was taken away from us.*
- **Be especially thoughtful.** *During the transition period, they deserve a little extra loving care, pampering and attention for a difficult job well done.*
- **Be sympathetic during the tough times.**
- **Reward the person trying to stop.**  
*Give them extra incentives to stay away from tobacco. Think about what they would enjoy as a reward.*

- **When temptation strikes, help your friend remember why he or she wanted to quit.**
- **Be familiar with "symptoms of recovery".** *Some examples are: sense of loss, increased appetite, irritability, anxiety, nervousness, change in sleep pattern, dizziness, sore throat, and constipation.*
- **Celebrate the monthly anniversary of the day your friend/family stops using tobacco.** *It is a special day – the day he or she became FREE FROM TOBACCO.*

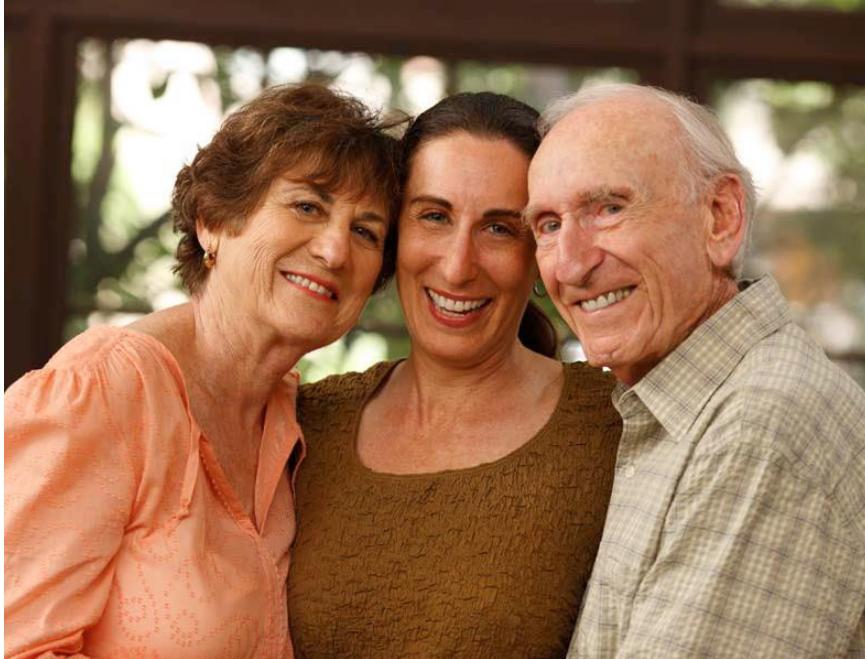
**Most important of all – Ask your friend/family how you can help.**

For more information about quitting smoking or healthy alternatives, contact your local Kaiser Permanente Health Education Department at (916) 688-2428 or visit [kp.org/healthyliving](http://kp.org/healthyliving).

# Caregivers Education Series

A series of classes for caregivers of members with dementia

KAISER PERMANENTE • SOUTH SACRAMENTO AREA • HEALTH EDUCATION DEPARTMENT



**Your Health Online**  
Shortcuts to better health at [kp.org](http://kp.org)

**kp.org/mydoctor** –

- communicate with your doctor
- view labs, refill medications

**kp.org/advanceddirectives** –

communicate your health care wishes

**kp.org/health** – health encyclopedia

**kp.org/listen** – relax and listen to guided imagery podcasts

**lifecareplan.kp.org** – assistance with preparing your advance care directive

## Classes

### Core Dementia Training

- This 90-minute class gives an overview of the different types of dementia, signs and symptoms of the condition, and tips on providing a safe environment.
- Members only; no class fee.

### Dementia Care Management

- In this 90-minute class, caregivers will learn skills to help manage the tasks of caregiving.
- Class topics include: behavior management techniques for difficult behaviors and how important it is for caregivers to remember to care for themselves as well.
- Members only; no class fee.

### Dementia Care Options and Financial/Legal Resources

- In this 90-minute class, caregivers will learn about legal tools, finances, and different types of care options.
- Members only; no class fee.

### Life Care Planning

- This 2-hour session focuses on how an Advance Health Care Directive can help ensure that your wishes are respected should you become too ill to communicate your own decisions.
- Open to the community; no class fee.

Registration and more information: 916-688-2428

# Childbirth Classes



## Preparing for Childbirth ONLINE

Offered 3 times per month either 1 session on Saturday 9am-1pm, or 2 sessions 6:30-8:30pm two weeknights, 1 week apart.

Few events are more exciting and important than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and using a birthing coach for support. Take this class during the last three months of pregnancy. **No fee**

## Breastfeeding Basics ONLINE

Offered 2-3 times per month, 6:30-8:30pm on a weeknight.

Breastfeeding offers many health benefits for you and your baby. You will learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. Recommended before delivery. No fee

## Newborn Care ONLINE

Offered 2-3 times per month, 6:30-8:30pm on a weeknight.

Wouldn't it be nice if newborns came with instruction manuals? In this class, we'll teach you the information and skill you need to feel confident about caring for your newborn. You will get essential information regarding breastfeeding, jaundice, crying, warning signs of serious problems and when to call your physician. Through hands on practice you will gain confidence in your ability to care for your newborn. A must for all new parents. No fee.

## ThriveBaby ONLINE

Offered once a month, 6-8pm on a weeknight.

Meet part of the expert team that will help care for your new baby in the hospital and after going home. Ask one of our South Sacramento pediatricians and lactation consultant questions you have about your newborn including: what to expect for your baby during your hospital stay and after discharge, expert tips on early baby behavior, feeding concerns, trouble-shooting common problems, circumcision, vitamin K and newborn vaccination, how best to help mom and baby. No fee.

## Meet the Midwives ONLINE

Offered quarterly, 6:30-8:30pm on a weeknight.

Our midwives work in partnership with women and their families to help prepare them for birth, support them during labor and delivery, and deliver babies. Learn more about the services they provide, get your questions answered, and meet the midwives you may see in the hospital on your big day! No fee.

## Baby and Me ONLINE Support Group

Offered weekly, on Thursdays 9:30-11am

New moms and their babies can make new friends at this weekly support group. Discussion topics include infant behavior, caring for yourself, responding to your infant's cues, breastfeeding, and more. Group is ongoing, join anytime. No fee.

# Call (916) 688-2754 to schedule your class/tour.

Enroll early (by 20 weeks gestation) since classes do fill to capacity.



# Thriving Resources Weight Management

## Online Shortcuts

## A Healthier Weight



## Medicina de estilo de vida



### Telephonic Wellness Coaching

Talk with a specially trained Wellness Coach to manage weight, eat healthier, and move more. Wellness coaching appointments are done by phone, takes 15 to 20 minutes, flexible to work around your schedule, referral not required, and there's no cost to members. Appointments are available 7a.m. to 7p.m., Monday through Friday and 8:30a.m. to 5p.m., Saturday.

To book an appointment call 866-251-4514.



### Clinical Health Educators

Our Clinical Health Educators (CHE) are available to provide individual counseling to support your weight management needs. They will assist with goal setting, action plans, and provide accountability. An appointment with a CHE is free of charge for members and no referral needed.

### Healthy Weight Online Classes

Join an instructor-led class from your own computer or smart device. There is no fee for the class, and you'll need a computer or smart device, internet connection and a phone (landline or cell) to participate. All Kaiser Permanente members over age 18 are welcome to attend with registration.

### Healthy Weight 1 (HW1)

Lose weight, develop healthy habits, and gain confidence. This 6-session online class covers the latest weight loss research, ways to build healthy meals, how to become more physically active, and how to support yourself while managing weight.

### Healthy Weight 2 (HW2)

After completing Healthy Weight 1, continue your weight management journey with our Healthy Weight 2 class series. This is a 9-session online class that builds on what was learned in Healthy Weight 1 and provides more tips and tools to maintain a healthy weight.

To schedule an appointment or class, contact the Health Education Department at 559-448-4415 or 559-324-5030.



## More Online Shortcuts

## Wellness Resources Podcasts



## Fitness Deals



## Medical Weight Management Program

If you have at least 40 pounds to lose and want to make lasting changes to improve your health, increase energy, and live your life to its fullest, then the Kaiser Permanente Medical Weight Management Program may be the answer for you! This program can help you lose weight rapidly and safely, while fostering good eating habits that last.

### Program includes:

- Comprehensive health assessment
- Early results with low-calorie meal replacements
- Medical supervision for safe weight loss
- Weekly group sessions for motivation
- Learn behavioral skills to develop new and long-lasting healthy habits
- Long-term weekly support

This is a \*\*fee for service program, no referral needed, and is open to the community. For more information, join one of our complimentary online orientation sessions. To register for an orientation, call the Medical Weight Management Program at (559) 324-5292 or visit the web page using the QR code.



**\*\*Fee:** services and products described here are provided on a fee-for-services basis. These services are not provided or covered by Kaiser Foundation Health Plan Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. ("Health Plan"), and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connections with these services. These services are not meant to replace any covered services under the Health Plan. If you are a Health Plan member, please check your Evidence of Coverage.

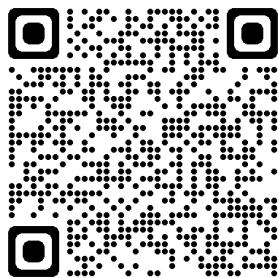


# Thriving Resources

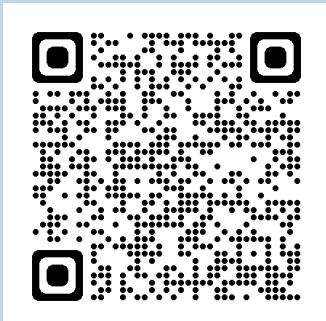
## Diabetes Online Classes

### Online Shortcuts

#### Living Well With Diabetes



#### Cómo Vivir Bien con Diabetes



### Prediabetes and You

During this single-session class, you will learn how preventing or delaying the onset of diabetes begins with a healthy lifestyle by eating right, exercising more, and knowing the facts. Take charge of your health and learn how to reduce your risk of diabetes and its complications. To participate, you will need a computer or smart device, internet connection, and a landline or cell phone.

### Diabetes Basics

This single-session class will give you an overview of the four key areas of diabetes management: healthy eating, exercise, monitoring your blood sugar level, and proper use of medications. We will show you how to use your blood sugar monitor and help you recognize the signs of high and low sugar levels. To participate, you will need a computer or smart device, internet connection, and a landline or cell phone.

### Diabetes Healthy Eating

Feel and eat better with diabetes. In this single-session class, you'll learn the basics of what, when, and how much to eat. To participate, you will need a computer or smart device, internet connection, and landline or cell phone.

To schedule an appointment or class, contact the Health Education Department at 559-448-4415 or 559-324-5030.

Manage Your Blood Sugar  
Diet, Medication, Exercise

Stay Active and Fit



## Sharps Disposal Process

California state law prohibits residents from throwing hypodermic needles, syringes, and other sharps waste into the trash or recycling bins at home. Sharps waste must be transported to a collections center in an approved container.

## Containers

Kaiser Permanente pharmacies sell three types of sharps containers. One type is a mail-back package, which includes a self-addressed, postage-paid box for mailbox pick up when full. The other two types must be taken to a collection center.

Note: Kaiser Permanente DOES NOT serve as a drop-off location for sharps containers.

## Drop-off Locations by City/County

### Fresno Police Stations

Downtown: 2323 Mariposa St. Fresno, CA 93703

Northwest: 3080 W Shaw Ave. Fresno, CA 93711

Northeast: 1450 E Teague Ave. Fresno, CA 93720

### Clovis Police Department

1233 5th St. Clovis, CA 93612

### Clovis Senior Activity Center

840 4<sup>th</sup> St. Clovis, CA 93612

### Sanger Police Department

1700 7<sup>th</sup> St. Sanger, CA 93657

### Sanger Community Center

730 Recreation Ave. Saner, CA 93657

### Kings Waste & Recycling Authority

(for Kings County residents only)

7803 E. Hanford-Armona Rd. Hanford, CA 93230

### Fairmead Landfill (Saturdays, 9am – 1pm)

21739 Road 19 Chowchilla, CA 93610

### For more locations:

Call 1-800-643-1643



## Glucose Meter Education

A Clinical Health Educator can provide education on how to use various glucose meters

For appointments, call or visit the Health Education Department

## Health Education Centers

### Fresno Medical Center

7300 N. Fresno Street  
3<sup>rd</sup> floor, Cypress Mall  
Fresno, CA 93720  
559-448-4415

### Clovis Medical Offices

2071 Herndon Avenue  
1<sup>st</sup> Floor  
Clovis, CA 93611  
559-324-5030

## Organizations

### American Diabetes Association

Information, research, and resources about type 1 and type 2 diabetes

1-800-DIABETES  
(1-800-342-2383)



# Thriving Resources

## Mental Health



### Online Shortcut

#### Self-Care Podcasts



### Local Resources

Kaiser Permanente Mental Health Department: 559-448-4620

United Way's Crisis Hotline: 2-1-1 (available 24/7)

Suicide and Crisis Lifeline: 9-8-8 (available 24/7)

Fresno County Department of Behavioral Health:  
1-800-654-3937 (available 24/7)

**For mental health emergencies, please call 911 or go to the nearest emergency room.**

### Health Education Online Classes

Health Education Department offers three on-line classes that support mental health. These classes are non-therapy based and are 4 sessions long. You will need a computer or smart device, internet connection and a phone (landline or cell) to participate. To register, call the Health Education Department at (559) 448-4415 or (559) 324-5030.

### How to Manage Stress

Stress is a physical and mental reaction to any kind of demand, threat, or challenge. This class will explain how stress affects the body, different types of stress, mind/body connection, the benefits of being mindful, and various tools and tips on how to manage stress.

### Understanding Anxiety

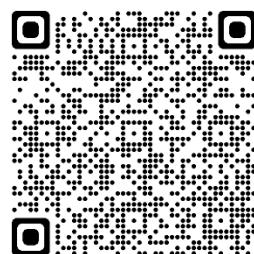
During this class, you will discover the biology of anxiety, how anxiety is treated, what causes anxiety, various anxiety diagnoses/disorders, the anxiety cycle, and relaxation techniques to help manage/reduce anxiety.

### How to Manage Depression

Depression is a medical condition that affects your feelings, thoughts, and behavior. This class will cover the symptoms of depression, several types of depression, and provide a wide variety of treatment/management suggestions.

### Health and Wellness

At Kaiser Permanente, we know total health and wellness go beyond the doctor's office. That's why we're here to help you find the high-quality care and resources you need.



## Digital Wellness Program: Calm

Calm is an online audio-based program to improve sleep and decrease stress. It includes guided meditations, calming sounds, and sleep stories. Use Calm anytime on your mobile device through the app. You can also sign in on your computer at [calm.com](http://calm.com). Calm is available to you to use at no cost. However, you are responsible for potential data charges that may apply.

### Instructions:

1. From a web browser, go to [kp.org/calm](http://kp.org/calm) to access Calm for the first time.

**Do not sign up for the 7-day free trial through the app.**

2. Sign in to kp.org with your user ID and password.

3. You'll be asked if you have a Calm account.

- To create a new account with Calm, enter your email address, a password, and click **Sign Up**.
- If you have a Calm account, you will be asked to log in. If you currently have a free Calm account, you'll get access to the premium subscription for free. If you already have premium access, you can sign up using KP instructions when your existing subscription has expired to receive the benefit.

Once you accept Calm's terms of use, you will get access to Calm Premium for free for 12 months. You can start using the Calm in your web browser or download the mobile app on your smartphone and sign in with the email and password you created at sign up.

**Need help with Calm? Did you accidentally sign up for the 7-day free trial through the app?** Please email [support@calm.com](mailto:support@calm.com) and mention that you are a Kaiser Permanente patient. They can help you with your subscription.



## Digital Wellness Program: myStrength

myStrength is an online program that teaches skills for mental health and wellbeing. myStrength has many guided focus areas for many common life challenges like stress, anxiety, sleep, chronic pain, and depression. There is also a large library of activities you can browse and use as needed. Use myStrength anytime on your mobile device through the app or browser. You can also sign in on your computer at [mystrength.com](http://mystrength.com). myStrength is available to you to use at no cost. However, you are responsible for potential data charges that may apply.

### Instructions for registering and downloading:

1. Go to [mystrength.com](http://mystrength.com)
2. Tap or click the "sign up" button
3. Enter your access code: PAX2918
4. Create your account
5. Use in your browser or download the app from your app store on your phone or tablet.



**Need help with myStrength?** Please email [customerservice@mystrength.com](mailto:customerservice@mystrength.com). Include in the email that you are a Kaiser patient, your log in email address and the access code (in step 3).



# Thriving Resources Pregnancy and Childbirth

## Online Shortcuts

### Your Pregnancy



### Fresno Birthing Center Virtual Tour



### Su Embarazo en Español



## Health Education Online Classes

Health Education offers several single-session classes to support you in your pregnancy journey. Join an instructor-led class from your own computer or smart device. Classes are available for Kaiser Permanente Members at no cost. A computer or smart device with internet connection is needed to participate and registration is required. To register, visit or call the Health Education Department at (559) 448-4415 or (559) 324-5030.

## Preparing for Childbirth

Know what to expect the weeks leading up to childbirth with our Preparing for Childbirth Online Class. This class will provide breathing and relaxation techniques, the signs of active labor, explore pain management options, what to expect when arriving at the birthing center, and much more.

## Breastfeeding

Studies show that breastfeeding offers many health benefits for you and baby. Through our Breastfeeding Online Class, you will learn various positions for nursing, how to tell when your baby is hungry and getting enough milk, ways to prevent common breastfeeding discomforts and challenges, and lactation support that's available through Kaiser Permanente and the community.

## Newborn Care

Wouldn't it be nice if babies came with instruction manuals? In our Newborn Care Online Class, we'll teach the skills and provide information you need to feel confident about caring for your newborn. This class covers feeding, bathing, diapering, and when to call the doctor.

## Don't have time for a class?

Videos on all things pregnancy, childbirth, and newborn care are available to view through My Doctor Online.



# Thriving and Aging Resources for Seniors



## Online Shortcuts

Kaiser Permanente Podcasts have available programs to help reduce stress, focus on healthy changes, and promote healing.



Moms Meals, nutritionally complete meals, is offered to Kaiser Permanente members and are delivered to your home!

**1-888-860-9424**



The Silver&Fit program is a fitness resource designed for older adults.  
**1-877-427-4788**

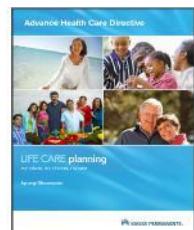


Kaiser Permanente  
Medicaid Assistance Center  
**1-800-557-4515**

## Life Care Planning

In Life Care Planning, you will choose someone to represent your health care wishes if there's a time in the future when you can't speak for yourself. Scan the link below to download the Advance Health Care Directive or you can call or visit your local Health Education Department for questions or instructions.

Fresno: 559-448-4415  
Clovis: 559-324-5030



## Set up Your Online Account

In Life Care Planning kp.org is your connection to great care. You can securely access many timesaving tools to help you stay on top of your health.

Sign up with your medical record number at: [kp.org/register](http://kp.org/register)

If you'd like to give a caregiver or family member access to your online account, go to [kp.org/actforfamily](http://kp.org/actforfamily)

**Once you have registered on a computer**, you can download the **My Doctor Online** app to your smartphone or tablet from your app store



## Nutrition and Fitness

Learn how to eat healthier: [kp.org/healthyweight](http://kp.org/healthyweight) or [kp.org/nutrition](http://kp.org/nutrition)

Get recipes and meal ideas: [kp.org/foodforhealth](http://kp.org/foodforhealth)

Access your fitness deals: [kp.org/exercise](http://kp.org/exercise)

**Fresno- Madera County Agency on Aging** provides resources on staying fit. Contact them at 559-600-4405.

## Emotional Health

Feeling down or empty? Know the signs of stress, sleep problems, emotional or mental fatigue, depression, and memory problems. Talk to your doctor and visit [kp.org/selfcare](http://kp.org/selfcare). You can also call the **Mental Health Department at 559-448-4620** to support a healthy mind.

For psychiatric emergencies, call 911 or go to the nearest Emergency Room.



KAISER PERMANENTE

# HEALTHY EATING ACTIVE LIVING

## HEAL

- For children and teens 7-17 years old and their families with elevated weight/BMI and/or abnormal labs.
- **Goal:** to help kids/teens/families learn how to make positive lifestyle choices to ensure a healthy weight and to prevent, treat, or reverse chronic diseases.
- **Options:** individual appointments, group classes, hands on cooking classes, or combination of all of these.

## HEAL Jr.

- For families with children 3-6 years old with elevated weight/BMI and/or abnormal labs.
- **Goal:** to help families set up healthy lifestyle habits and learn parenting techniques to encourage positive behaviors to encourage healthy weight and prevent, treat, and reverse chronic diseases.
- **Options:** Individual appointments, hands on cooking classes or both.

## Our Team:

- **Pediatrician:** Physical Health. Medical evaluation including weight, BMI, lab tests, physical exam, and lifestyle recommendations.
- **Physical Therapist:** Strong Body, Healthy Heart. Assess individual fitness level and help create new exercise habits that will put child or teen on a healthier track.
- **Psychologist:** Healthy Mind, Healthy Body. Evaluation of motivation and challenges in the context of making healthy lifestyle changes. Stress management.
- **Dietitian:** Healthy Eating and Nutrition. Complete nutrition evaluation and goal setting for healthier food choices and quantities.
- **Health Educator:** Goal Setting for Change. Set SMART goals that will make change easier and more fun

**Our location:**

Kaiser Permanente Santa Clara  
Tantau Office

**HEAL Orientation:**

Live, monthly virtual orientations to join the HEAL Program.

**3:30 – 5 pm**

**HEAL Appointments:**

Tuesday afternoons and once monthly on Thursday afternoons

**To enroll, call Lifestyle Medicine Department: 650-903-2800 or E-mail [HEAL@kp.org](mailto:HEAL@kp.org).**



**SCAN ME**

**Blood tests and chart review to make sure you/your child/teen qualify is required. First step is to attend the Orientation.**



For more information, please email  
[<HEAL@kp.org>](mailto:<HEAL@kp.org>).



KAISER PERMANENTE®



KAISER PERMANENTE

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**To enroll, please speak with your child or teen's primary care physician**



**Referral is required and the first step is to attend an orientation session to meet the team and learn more.**



For more information, please email  
[<HEAL@kp.org>](mailto:<HEAL@kp.org>).



KAISER PERMANENTE®



# Lifestyle Medicine

## What is Lifestyle Medicine?

The use of evidence-based lifestyle therapeutic approaches to treat, prevent and oftentimes reverse chronic disease based on 6 pillars:

- Whole food, plant-based eating
- Regular physical activity
- Restorative sleep
- Stress management
- Avoiding risky substances
- Positive social connection

## Virtual Orientation

75-minute virtual session to learn more about what Lifestyle Medicine is, how it can prevent, treat, and reverse chronic diseases, and Lifestyle Medicine resources and programs Kaiser Permanente has to offer.

- Led by a Lifestyle Medicine Board Certified Physician and Health Educator
- Hosted monthly on Wednesday evenings
- Contact your physician for referral

### Lifestyle Medicine Virtual Orientation

Every third Wednesday  
of each month 4:30 - 5:45 pm

**To enroll, please contact  
your physician for a referral.**



For more information, please email  
[<SCL-Lifestyle-Medicine@kp.org>](mailto:<SCL-Lifestyle-Medicine@kp.org>)  
or call (650) 903-2800.



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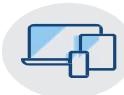
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For more information, please email  
[<SCL-Lifestyle-Medicine@kp.org>](mailto:<SCL-Lifestyle-Medicine@kp.org>)  
or call (650) 903-2800.



# Cook for Health Online Classes

- Physician led plant-based virtual cooking classes
- Classes cover:
  - Health benefits of plant-based eating for many different health conditions
  - Nutrition teaching and tips
  - Practical, time-saving cooking tips
  - How to make plant-based cooking tasty, affordable, and easy
  - Family-friendly recipes
- Interactive and engaging class
- Cook along with us in your own kitchen so you have a delicious meal ready to go at the end of class!

## Online Class Dates:

### **Cook for Health**

Every 2<sup>nd</sup> Thursday of the month  
4:30 – 6:00 pm

### **South Asian Cook for Health**

Every 1<sup>st</sup> Wednesday of the month  
4:30 – 6:00 pm

### **Cook for Health**

#### **Jr. Chef**

Every 3<sup>rd</sup> Thursday of the month  
4:30 – 6:00 pm

Please call **(650) 903-2800** to enroll

Can't make it to class? Check out our recipes below!



For more information or to enroll in a class, please email [SCL-Lifestyle-Medicine@kp.org](mailto:SCL-Lifestyle-Medicine@kp.org).



**KAI SER PERMANENTE®**



# Diabetes Prevention and Management

San Rafael Medical Center • Health Education Department • 2024

## Programs

If you have been diagnosed with Type 2 diabetes, Health Education offers several resources that can help you manage your blood sugars.

To register for a class or book an appointment with a health educator, please call 415-491-6550.

### **Diabetes Basics – In-Person and Online**

You can feel better and be active and healthy when you apply the basics of managing your type 2 diabetes. In this class, we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing your stress. One session. Members only. This is a covered benefit, no cost for members.

### **Healthy Eating with Diabetes – In-Person and Online**

Feel better and eat better with diabetes. In this class, you'll get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods and how to enjoy eating out healthfully. With smart planning and balanced choices, eating well can still taste great. One session. Members only. This is a covered benefit, no cost for members.

### **Individual appointments with a Health Educator:**

Are you interested in working on making changes in your lifestyle that would help you improve your blood sugars and overall health? Take advantage of our individual appointments with a health educator who can help you reach your goals for better health. Topics include glucometer use instruction, healthy eating with diabetes, physical activity, taking your medications, self-monitoring, and emotional wellbeing.

### **Prediabetes - Online**

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this class. (Ages 16+ to attend, ages 16-17 must be accompanied by an adult.) One session. Members only. This is a covered benefit; no cost for members.

You can also visit [kpdoc.org/prediabetes](http://kpdoc.org/prediabetes) for more information.



# Prevención y control de la diabetes

Centro Médico de San Rafael • Departamento de Educación para la Salud • 2024

Visite nuestro sitio web, [kp.org/sanrafael/healtheducation](http://kp.org/sanrafael/healtheducation)

## Programas

Si le han diagnosticado diabetes tipo 2, Educación para la Salud le ofrece varios recursos que pueden ayudarle a controlar sus niveles de azúcar en la sangre.

*Clases y citas sobre la diabetes están disponibles: llame al 415-491-6555.*

### Lo básico sobre la diabetes—En persona y en línea

Usted podrá sentirse mejor, además de más activo y saludable, al aplicar lo básico del manejo de la diabetes tipo 2. En esta clase, nosotros le daremos un análisis general de las 5 áreas del manejo de la diabetes tipo 2: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, uso adecuado de los medicamentos y manejo de su estrés.

### Coma bien con diabetes – En persona y en línea

Siéntase y aliméntese mejor con diabetes. En esta clase, usted recibirá consejos para planificar sus comidas, contar los carbohidratos y leer las etiquetas de los alimentos. Aprenda nuevas maneras de preparar sus comidas favoritas y a disfrutar saludablemente lo que come fuera de casa. Con una planificación adecuada y opciones balanceadas, comer bien también puede resultar una delicia para el paladar.

### Citas individuales con un educador de salud

Nuestros educadores de salud están aquí para ayudarle a tomar decisiones de estilo de vida saludables. Trabajan estrechamente con su médico para ayudarle a alcanzar sus objetivos de salud. Los temas incluyen instrucciones sobre el uso del glucómetro, alimentación sana con diabetes, actividad física, cómo tomar los medicamentos, automonitoreo y bienestar emocional.

### Asesor de Bienestar

¿Le gustaría lograr un peso saludable, moverse más, o comer más sano? Hable con un asesor de bienestar que está capacitado para aumentar su motivación y tomar decisiones. Juntos, crearán un plan personalizado para el cambio. Para hacer cita llame al 1-866-251-4514, las 24 horas del día, los 7 días de la semana. Haga su cita en línea en [kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching). Estas sesiones telefónicas son gratuitas para miembros de Kaiser Permanente y están disponibles de lunes a viernes de 7:00 a.m. a 7:00 p.m. y los sábados de 8:30 a.m. a 5:00 p.m.

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend. Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.



# Prenatal Health

San Rafael Medical Center • Health Education Department • 2024

## Programs

To enroll or for more information, please contact Health Education at 415-491-6550.

Classes should be taken in final trimester, however *please sign-up in the middle of your pregnancy* as classes can fill up.

### **Preparing for Childbirth (Online and in-person)**

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and using a birthing coach for support. No class fee for members.

### **Breastfeeding Basics (Online and in-person)**

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. This is a covered benefit for members.

### **Newborn Care (Online and in-person)**

Wouldn't it be nice if babies came with instruction manuals? In this class, we'll teach you the information and skills you need to feel confident about caring for your newborn. We'll cover topics such as feeding, bathing, diapering, and when to call your physician. This is a covered benefit for members.

### **Baby & Me Group (Online and in-person)**

For parents and their babies (birth to 12 months). Exchange information in a supportive environment and discuss topics such as feeding your baby, infant health and safety, responding to your baby's cues, maintaining a healthy relationship with your partner, sleep, returning to work, and more. Breastfeeding help available from a lactation specialist. Members only. No fee. Meets weekly.

### **Labor and Delivery Virtual Tours**

Where will you have your baby? It can be helpful to get familiar with our state-of-the-art Labor and Delivery centers ahead of time. Visit **kp.org/mydoctor/pregnancy** for virtual tours of all our centers, including San Francisco, Santa Rosa, Oakland, and Vallejo. *Disponible en español.*



A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend. Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.



# Healthy Weight

San Rafael Medical Center • Health Education Department • 2024

## Programs

### Healthy Weight Online Class

Learn how to achieve a healthier weight with this online version of our Healthy Weight 1 class. Join this 6-session interactive webinar from the comfort of home. You will need a computer with Internet access to participate. Members only, ages 18 and older. This is a covered benefit; no cost for members.

**Registration:** Call 415-491-6550 or email [SanRafaelHealthEducation@kp.org](mailto:SanRafaelHealthEducation@kp.org). *Disponible en español.*

### Resting Metabolic Rate

Your metabolism might affect your efforts to lose weight. Come take a simple resting metabolic rate test and learn how many calories you need to eat to burn to lose weight and maintain health. A health educator will help you use your test results to set individual goals and discuss effective ways to help you achieve those goals. Open to the community.

\$95 members; \$145 nonmembers

Registration: Call 415-491-6550 or email [SanRafaelHealthEducation@kp.org](mailto:SanRafaelHealthEducation@kp.org).

### Wellness Coaching for Weight

Would you like to achieve a healthy weight, quit tobacco, lower your stress, move more, eat healthier, or sleep better? Talk with a specially trained wellness coach to build your motivation and take action.

Together, you'll create a customized plan for change. Set up sessions with your coach at times that work for you: Monday through Friday, 7 a.m. to 7 p.m. and Saturday, 8:30 a.m. to 5 p.m. Coaching is available to Kaiser Permanente members at no cost.

Call **866-251-4514** or book online at [kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching). *Disponible en español.*

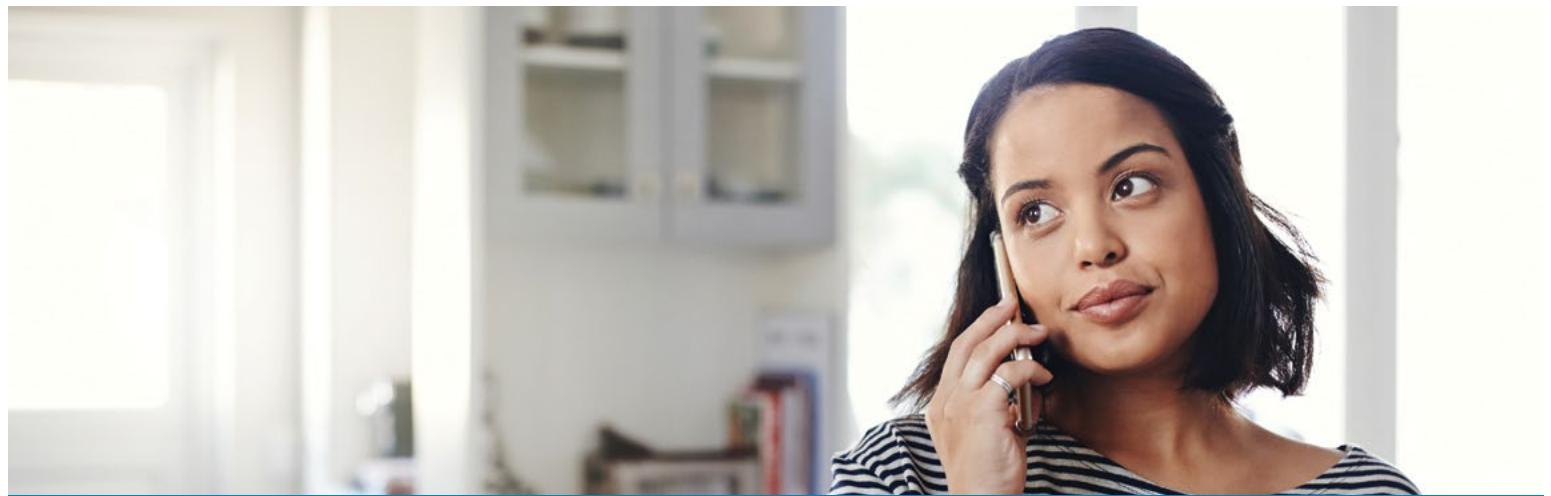
### Medical Weight Management

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. This long-term program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a no cost, one-hour information session to find out more. Open to the community. No fee for orientation session; program fees discussed at orientation.

To learn more, call **415-492-6333** or go to [kphealthyweight.com/weightorientations](http://kphealthyweight.com/weightorientations).

Medical Weight Management services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. ("Health Plan"), and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support relating to these services. These services are not meant to replace any covered services under the Health Plan. If you are a Health Plan member, please check your *Evidence of Coverage*.

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend. Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage* (EOC) to confirm the services covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.



# ASESORAMIENTO PARA EL BIENESTAR

## Haga una llamada por su salud

**Con solo una llamada  
alcanzará sus metas de salud.**

¿Le gustaría lograr **bajar de peso, comer más sano, empezar a hacer ejercicio, dejar el tabaco, o reducir el estrés?**

Si está listo, hable con un asesor de bienestar que está capacitado para aumentar su motivación y tomar decisiones. Juntos, crearán un plan para el cambio personalizado según sus necesidades.

**Para hacer citas con un asesor:**

- Llame al 866-251-4514, las 24 horas del día, los 7 días de la semana
- Haga su cita en línea en [kp.org/mydoctor/wellnesscoachingespanol](http://kp.org/mydoctor/wellnesscoachingespanol)

**Programe las sesiones con su asesor a horas que le sean convenientes:**

- de lunes a viernes de 7 a. m. a 7 p. m.
- sábados de 8:30 a. m. a 5 p. m.

El programa de asesoramiento está disponible sin costo adicional para los miembros de Kaiser Permanente.

<https://kpdoc.org/wellnesscoachingespanol>

KAIER PERMANENTE  **viva bien**



# WELLNESS COACHING

## Make the call for health

Reaching your **health goals**  
is just a phone call away.

Would you like to **lose weight, eat healthier, start exercising, quit tobacco, or reduce stress?**

Talk with a specially trained wellness coach to build your motivation and take action, if you're ready. Together, you'll create a plan for change that's tailored for you.

**To schedule coaching appointments:**

- Call (866) 251-4514 (available 24/7)
- Book online at [kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching)

**Set up sessions with your coach at times that work for you:**

- Monday through Friday, 7 a.m. to 7 p.m.
- Saturday, 8:30 a.m. to 5 p.m.

Coaching is available at no additional cost to Kaiser Permanente members.

[kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching)

KAI SER PERMANENTE® **thrive**

# Baby & Me Group 2024



Weekly support group  
for moms, caregivers,  
and babies.

**Now online and in-person!** Both options are available weekly.

Meet other parents to exchange information in a supportive environment and discuss topics such as breastfeeding, feeding your baby, infant health and safety, responding to your baby's cues, maintaining a healthy relationship with your partner, sleep, returning to work, and more. Breastfeeding support is available.

For parents and caregivers with babies up to 1 year.

Members only. No fee.

Thursdays:

- Online 9-10 a.m.
- In-person 10:15 – 11:30 a.m.

San Rafael Park Medical Offices, 1650 Los Gamos Drive  
2<sup>nd</sup> Floor, Safety Conference Room

For the online group link or more information, contact Health Education at 415-491-6550 or email [SanRafaelHealthEducation@kp.org](mailto:SanRafaelHealthEducation@kp.org) using the QR code below.





# Mental and Emotional Health

## Online Programs

San Rafael Medical Center • Health Education Department • 2024

**To register for these programs or for more information about locations and dates, please call 415-491-6550.**

### **Pathways to Emotional Wellness**

Learn how your thoughts and emotions can affect your physical wellness. We'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and recognize the signs and symptoms of depression. You'll also get an overview of other available Kaiser Permanente resources, so you can choose what's right for you. 1 session.

Members only. This is a covered benefit; no cost for members. *Disponible en español.*

### **Understanding Anxiety**

In this series, you'll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We'll help you explore your thoughts and learn to approach instead of avoiding what you fear. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness. 4 sessions.

Members only. This is a covered benefit; no cost for members.

### **Improving Your Sleep**

Want to fall asleep quicker, sleep more soundly, and awaken feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them. This class does not address medical conditions that interfere with sleep. 4 sessions.

Members only. No class fee for members.

### **Managing Depression**

Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You'll also learn techniques to relax and approach your life with mindfulness. 4 sessions.

Members only. This is a covered benefit; no cost for members.

### **Managing Your Stress**

Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. 4 sessions.

Members only. This is a covered benefit; no cost for members.

**If you feel that your condition is severe or would like further evaluation, please contact the Psychiatry Department directly at 415-491-3000.**

See reverse side for additional resources to keep you healthy

## **Couples Communication Series**

Learn effective ways to bring up difficult topics, reduce defensiveness, and understand each other's perspectives. This series is for all couples in committed relationships. 4 sessions. Members only. This is a covered benefit; no cost for members.

## **Managing Anger Series**

This class will help you identify anger triggers, develop communication skills, and practice new ways to respond instead of letting your emotions overcome you. This series does not satisfy the court-ordered treatment required for domestic violence. 8 sessions.

Members only; \$90 fee.

## **Mindfulness-Based Stress Reduction**

Meditation can be helpful for dealing with stress, chronic pain, hypertension, depression, difficulty sleeping, and other issues. This class provides instruction on mindfulness meditation, meditative movement, and body-awareness exercises. 7 sessions.

Members only; \$35 fee.

## **Wellness Coaching**

Would you like to achieve a healthy weight, quit tobacco, lower your stress, move more, eat healthier, or sleep better? Talk with a specially trained wellness coach to build your motivation and take action. Together, you'll create a customized plan for change. Set up sessions with your coach at times that work for you: Monday through Friday, 7 a.m. to 7 p.m., and Saturday, 8:30 a.m. to 5 p.m. Coaching is available to Kaiser Permanente members at no cost. *Disponible en español.* Call 866-251-4514 or book online at [kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching).

**Interpreters can be made available for all programs.**

## **Your relationship affects your health.**

**The National Domestic Violence Hotline:** Help is available in over 170 languages by calling 800-799-SAFE (7233) and via online chat at [thehotline.org](http://thehotline.org).

**National Dating Violence Helpline:** Help is available in English and Spanish for teens and young adults by calling 866-331-9474, texting "loveis" to 22522, and via online chat at [loveisrespect.org](http://loveisrespect.org).

These hotlines can connect you to local resources and provide support. They are anonymous, confidential, and available 24 hours a day, 7 days a week.

## **Fees, Cancellations, and Refunds**

Many classes are offered at no additional cost to Kaiser Permanente members; some classes have a fee as noted. Preregistration is required for all classes and classes with fees must be paid at the time of enrollment. If you request a withdrawal from a class at least 48 hours before it is scheduled to start, a refund will be provided. Once a class begins, we are unable to provide a refund. You will be notified if a class is canceled, and your fee will be refunded.

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend. Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.

# Children's Health

## Classes & Resources

KAISER PERMANENTE • EAST BAY • PEDIATRICS & HEALTH EDUCATION DEPARTMENTS

### Classes, Programs, & Resources

To register for classes and programs please call any of our  
Health Education Department locations:  
Oakland, 752-6150, Pinole, 510-243-4020, Richmond 510-307-2210

Classes and programs listed are free to Kaiser Permanente members.

#### Baby & Me Support Group Online

Join parents, care givers and their babies up to one year old to talk about feeding, sleeping, crying and more. Weekly drop-in group.

#### Breastfeeding Support Group Online

Get breastfeeding tips and support from a lactation specialist in a small group setting. Parents can share ideas and learn solutions to common breastfeeding challenges. Topics include pumping strategies, proper latch, going back to work, self-care, and more! Weekly drop-in group.

#### Breastfeeding Consultation

Our lactation program offers individual appointments with clinical health educators who are trained in lactation support. Lactation educators and consultants work alongside lactation nurses to offer help and support with breastfeeding. For babies from birth to 1+ year. Office, telephone, and video visit appointments available. For breastfeeding advice, appointments, and support call any of our locations:

- Oakland/Berkeley/Alameda, 510-752-1200
- Pinole, 510-243-4200
- Richmond, 510-307-1555

#### Breast Pumping - Online Class

Learn about pumping and storing breastmilk as you plan to return to work, school, or other activities. Topics include pumping tips, storing breast milk, pumping challenges, pumping resources, maintaining your milk supply, and your rights and the law. Offered monthly.

#### Feeding Your Baby: starting solid food – Online Class

Help your baby begin a lifetime of healthy eating. For babies getting ready for solid food, and for older babies getting ready for finger food. Offered twice monthly.

#### Feeding Your Toddler – Online Class

Feeding toddlers is fun, messy, and sometimes frustrating. Come join this online class to receive information on the how-to's of feeding little hungry, or not-so-hungry, eaters. The class is for parents with children ages 1 – 3 years old. Offered monthly by Kaiser Permanente Daly City.

## **Challenging Behaviors (4-12 years) - Online Class**

A 2-session group that provides parents, with children ages 4-12 years old, with strategies and interventions to improve difficult behaviors at home. This online class is based on Parent Management and Cognitive Behavioral techniques. Offered monthly by Kaiser Permanente So San Francisco.

## **Guiding Your Preschooler Workshop (3 to 5 years) - Online Class**

Discover helpful evidence-based positive discipline strategies. Topics include alternatives to time-outs, tools for when your child isn't listening, strategies for transitions (mealtimes, bedtimes, etc.), and ways to support your child's growing independence while creating more peace and cooperation at home. Offered quarterly by Kaiser Permanente San Francisco.

## **Healthy Lifestyle for Families - Online Class**

This overview class is for families who want to make healthy lifestyle changes. Class discusses lifestyle changes to support health, how to make healthy changes, and offers available options to support families with these changes.

## **Healthy Lifestyle Consults**

1:1 Consultation with a Clinical Health Educator – Learn how to make healthy behavior changes for you and your family: eat healthy, cut sugary drinks, increase physical activity, create healthy lifestyle habits, and manage your relationship with food. Receive personalized support to help you reach your family's goals. Telephone, and video visit appointments available.

## **Parenting Consults**

1:1 Consultation with a Clinical Health Educator for support with temperament-based parenting approaches for children ages 4 months through 5 years. Parents and caregivers can work with a Clinical Health Educator to learn strategies that work best for each child. Understanding your child's inborn temperament, can better prepare you to handle sleep, eating, getting along with others, and more. Parents can also visit [preventiveoz.org](http://preventiveoz.org) to complete a temperament questionnaire and see a personalized profile of your child's inborn traits. Telephone, and video visit appointments available.

## **Living with Spirited Kids – Online Class**

Learn strategies and tools to help you manage the challenging behaviors often displayed by strong-willed kids. Learn how to work with your child's personality and temperament. Class is taught by a parenting coach with over 20 years of experience working with strong-willed, "spirited" kids. Open to Kaiser Permanente members and the community

- For class schedule and to register for the class, call 510-658-7353 or online at [bananasbunch.org](http://bananasbunch.org)  
[www.bananasbunch.org](http://www.bananasbunch.org)

## **Online Temperament resource: [preventiveoz.org](http://preventiveoz.org)**

Learn about inborn temperament on this informational website. A subscription is needed for an individual profile of your child's temperament.

**For information about our services, visit our Health Education department web page: [kp.org/eastbay/healtheducation](http://kp.org/eastbay/healtheducation)**

# Pregnancy to New Baby

## Classes and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA



For your safety, we offer classes and programs online. In-person services will be provided as it is safe to do so. Please contact our Health Education Department for current options.

Pregnancy classes are a covered benefit for Kaiser Permanente members. We recommend taking prenatal classes between weeks 28-37 of your pregnancy. Please feel free to have a partner or support person attend with you.

### Preparing for Childbirth

Learn breathing and relaxation techniques to use during labor and delivery, as well as pain management options, the role of your support person, hospital procedures, and what to expect before, during, and after delivery.

### Cómo Prepararse para el Parto (Clase en Línea) (Preparing for Childbirth in Spanish)

¡Felicitaciones! Ustedes están a punto de convertirse en padres. En esta clase ustedes aprenderán acerca de las etapas del parto, técnicas de relajación, las posiciones para el parto, y opciones para el manejo del dolor. *Solo miembros*. Usted y su pareja son bienvenidos. Clase sin costo alguno.

**Cómo inscribirse:** Comuníquese con el Departamento de Educación de la Salud, 510-752-6150 o 510-307-2210.

Las instrucciones serán mandadas por correo electrónico 24 horas antes de la clase.

### Health Education Centers

Contact our Health Education Centers to register for classes.

**Oakland: 510-752-6150**

3801 Howe St., 4th Floor

**Pinole: 510-243-4020**

1301 Pinole Valley Road, 1<sup>st</sup> Floor

**Richmond: 510-307-2210**

901 Nevin Ave., Building 1, 1<sup>st</sup> Floor

### Support Groups

#### Baby and Me Group

Weekly online drop-in group for parents and caregivers with babies up to a year old. No fee. For more information and to join contact Health Education.

#### Breastfeeding Group

Weekly online drop-in group for new parents with babies over two weeks old. No fee. For more information and to join contact Health Education.

#### Breast Pumping Class

A once a month class focusing on pumping, milk supply, and milk storage. No fee. For more information and to join contact Health Education.

#### NEST (Nurturing Emotional Strengths Together) & BIPOC NEST

These groups are for mothers and birthing people, pregnant or postpartum, who are experiencing mood and/or anxiety symptoms.

We also discuss depression, birth trauma, feeding, sleeping, and more. **Fee:** Office visit cost share.

**Oakland:** 510-752-1075

**Richmond:** 510-307-1591

## Meet the Labor and Delivery Team

Learn about managing your labor and hospital stay from a panel of providers who are part of our labor and delivery team, including an anesthesiologist, midwife, ob/gyn, lactation consultant, and pediatrician.

## Virtual Labor and Delivery Tour

Watch at [KP.org/mydoctor/pregnancy](http://KP.org/mydoctor/pregnancy).

## Breastfeeding

Learn about positions for nursing, knowing if your baby is getting enough milk, preventing common discomforts and finding other KP breastfeeding resources to help you.

## Newborn Care

This class is about how to take care of your baby in the first weeks after birth. Learn about feeding, diapering, bathing, and when to call your physician.

## Preparing for Postpartum

Life after baby is joyous. It also is a period of adjustment and challenges. Our postpartum class will help you develop skills and strategies to take care of yourself and be a better parent.

## Centering

Centering Pregnancy is prenatal care that combines individual check-ups and a group setting so you can learn and share about your pregnancy with others while being involved in your own care. **You'll meet for ten 1-hour online sessions and 9 socially-distanced exams in a collaborative group setting. These groups replace traditional appointments with your OBGYN provider.** For more information call: 510-752-1249



## Breastfeeding Advice:

Our call centers can make you an appointment with a lactation specialist, **510-752-1100**

## Early Start Program

Get support to quit and stay off nicotine, alcohol, or other drugs. No fee.

**Oakland:** 510-752-6860

**Richmond and Pinole:** 510-307-2025

## Your Health Online

### Class dates and times

Find class dates and times before you call to book a class:

[kp.org/eastbay/healtheducation](http://kp.org/eastbay/healtheducation)

### [kp.org/español](http://kp.org/espanol)

Para obtener información en español.

### [kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy)

&

### [kp.org/mydoctor/newborn](http://kp.org/mydoctor/newborn)

- **Sign up for the Newsletters:**
  - Healthy Beginnings
  - Healthy Babies
- **Watch videos:**
  - Labor and Delivery Tour
  - Your pregnancy, breastfeeding, and newborn care

### [kpdoc.org/twitter](http://kpdoc.org/twitter)

Follow our physicians for helpful tips to help keep you and your family healthy.

# Senior Health Classes and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA



*To protect the health and safety of our members, we now offer virtual options for many of our services. In-person services will be provided as it is safe to do so. Please contact our Health Education Department for current options.*

## Fall Prevention: Balance and Home Safety

In this class we talk about reasons why people tend to fall more as they age, review common home and environmental hazards, provide tips on how to make homes safer, and discuss the importance of exercises to build your balance, flexibility, and strength so you can prevent falls.

**Fee:** No Fee; Members Only

**Location:** Online

## Life Care Planning (completing your Advance Directive)

In this class, we will assist you and your family members with advance care planning. We will help you share your values, wishes for future health care and goals for treatment with your health care agent. We will assist you in completing a written plan that will be shared with both your agent and your doctor. Class available in Spanish and Chinese. Call to register.

**Fee:** No Fee; Open to the community

**Location:** Online

## Health Education Centers

Health Education Centers are open to members and the community. We offer services and a variety of products to support you and your family's health needs and goals. Our Health Education staff and help you.

- Activate your kp.org account
- Schedule a class or a health coach appointment
- Search your physician's homepage for health information
- View a video for a specific medical procedure
- Download Kaiser Permanente apps
- Take your member photo

## Visit us at the following locations

**Oakland**  
**Healthy Living Center**  
**(510) 752-6150**

3801 Howe St., 4th Floor, Dept 444  
Oakland, CA 94611

**Richmond**  
**Health Education Center**  
**(510) 307-2210**

901 Nevin Ave., Bldg. 1, 1st Floor  
Richmond, CA 94801

**Pinole**  
**Health Education Center**  
**(510) 243-4020**

1301 Pinole Valley Road, 1st Floor  
Pinole, CA 94564

## **Understanding Alzheimer's and Dementia**

In this class, we discuss causes of dementia. This includes stroke, tumors, and Alzheimer's Disease. We discuss memory loss, forgetfulness, and how Dementia is diagnosed. We also look at treatment options.

**Fee:** No Fee; Open to the community

**Location:** Online

## **MEDICAL ALERT SERVICES**

Medical Alert agencies provide equipment for older adults to call for help from anywhere in the home--by simply pushing a button. An emergency response for someone who can't reach the phone could prevent a serious medical event. This can be a good arrangement for someone who does not need 24-hour care but may have trouble getting help if they should fall, or otherwise get "stuck" in their homes.

**LifeStation** (866)-286-5360

**Vital Link** (510)-338-3466

## **Your Health Online**

### **Shortcuts to better health at kp.org**

#### **kp.org/mydoctor:**

- Select and communicate with your doctor
- View labs, refill medications
- Access resources and information on various health topics
- Prepare for your procedure by watching an Emmi program

**kp.org/healthyaging** – find the care and services that are best for your needs and priorities

**kp.org/heart** – look here first for heart-related online resources and tools

**kp.org/health** – access to an array of health information through the health encyclopedia

**kp.org/healthyliving** – tools to help you live well:

- Health assessment tools
- Overcome stress
- Manage chronic conditions

**kp.org/listen** – relax and listen to guided imagery podcasts

**kp.org/quitsmoking** – quitting smoking is one of the best things you can do for heart health

**kp.org/watch** – view health videos online:

- Managing adult asthma
- COPD
- Your guide to hypertension

**kp.org/espanol** – content in Spanish

# Tobacco Cessation Programs and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA



## Telephone Wellness Coaching

Learn to reach your health goals with a free wellness coach. Whether you're trying to get more active, manage your weight, quit tobacco, or handle stress, a personal health coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone, when it's convenient for you.

**Fee:** No fee

**Contact:** 1-866-251-4514

6 a.m. to 7p.m. daily to schedule a coaching appointment.

## Smoker's Telephone Helpline (1-800-NO-BUTTS)

- Free, confidential telephone counseling.
- Convenient hours: days, evenings, weekends
- Offered in English, Spanish, Vietnamese, Cantonese, Mandarin, Korean, TDD/ TTY

Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.

**Oakland**  
**Healthy Living Center**  
**(510) 752-6150**

3801 Howe St., Suite 444, 4<sup>th</sup> Fl.  
Oakland, CA 94611

**Richmond**  
**Health Education Center**  
**(510) 307-2210**

901 Nevin Ave., Bldg.1, 1<sup>st</sup> Fl.  
Richmond, CA 94801

**Pinole**  
**Health Education Center**  
**(510) 243-4020**

1301 Pinole Valley Road, 1<sup>st</sup> Fl.  
Pinole, CA 94564

# Do you want to double your chances of quitting LONG TERM?

There are medications which can help!

Ask your doctor about options that will work for you.

## Medications to Help Quit Smoking

Tobacco cessation medications are important part of an overall quit plan.

These medications:

1. Ease the symptoms experienced as the body withdraws from nicotine.
2. Are a proven method to help people quit.

There are two main types of tobacco cessation aids:

1. Nicotine replacement therapy (NRT) provides the body with nicotine to help reduce withdrawal.
  - a. The most common forms of NRT are:
    - Nicotine Patch
    - Nicotine Gum
2. Non-nicotine therapies include bupropion (with the brand names Zyban and Wellbutrin) and varenicline (known as Chantix).

Using tobacco cessation aids will not automatically result in quitting, but they can increase your chances of being successful.



## Your Health Online Shortcuts to better health at kp.org

[kp.org/healthcoach](http://kp.org/healthcoach) –  
An online health coaching program

[kp.org/healthylifestyles](http://kp.org/healthylifestyles) –  
BREATHE: A personalized  
assessment and smoking  
cessation program

[kp.org/mydoctor](http://kp.org/mydoctor) –

- Select and communicate with  
your doctor
- Access online programs, videos,  
and podcasts

[kp.org/espanol](http://kp.org/espanol) – content in Spanish

[kpdoc.org/tobacocomedications](http://kpdoc.org/tobacocomedications) –  
An interactive overview of  
medications to help quit smoking.

[kp.org/eastbay/healtheducation](http://kp.org/eastbay/healtheducation) –  
resources & programs to help you  
maintain and improve your health and  
wellness.

# Behavioral Health Classes and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA



**All classes are offered virtually at this time. Please contact Behavioral Health Education at 510-752-7868 to register.**

## Emotional Health Classes for Kaiser Permanente Members

### Emotional Wellness (single 2.5 hour session)

This class provides education about stress, depression, anxiety, and insomnia and provides resources to support emotional health and well-being. Available in English and Spanish.

**Fee:** Free to all.

### Understanding Anxiety (5 weekly 2.0 hour sessions)

Participants will gain knowledge about the biology of anxiety and learn tools for navigating symptoms including relaxation practice, and strategies for reframing unhelpful thinking.

**Fee:** Free for members; \$100 non-members.

### Managing Depression (5 weekly 2.0 hour sessions)

Depression is common, real, and treatable. In this series, you will learn ways to manage symptoms. We will help you learn to challenge negative thinking, to add more pleasant activities to your life, and to approach life with mindfulness.

**Fee:** Free for members; \$100 non-members.

### Improving Sleep (4 weekly 2.0 hour sessions)

Want to fall asleep quicker, sleep more soundly, and wake feeling more refreshed? Learn how behavioral habits and thinking patterns affect your sleep, and how to change them.

**Fee:** Free for members; \$80 non-members.

### Managing Stress (5 weekly 2.0 hour sessions)

Learn to recognize the sources of stress in your life, manage stress related symptoms and illnesses, develop healthy lifestyle habits, take better care of yourself, and enjoy your life more.

**Fee:** Free for members; \$100 non-members.

Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health.

## Health Education Centers

### Oakland Health Education Center

3600 Broadway, 1<sup>st</sup> Floor, Suite 16  
Oakland, CA 94611  
510-243-4020

### Pinole Health Education Center

1301 Pinole Valley Road  
Pinole, CA 94564  
510-243-4020

### Richmond Health Education Center

901 Nevin Ave  
Bldg. 1, 1<sup>st</sup> Floor  
Richmond, CA 94801  
510-307-2210

## East Bay Behavioral Health Education

510-752-7868



## **Managing Stress for the BIPOC Community (6 weekly 2.0 hour sessions)**

This Managing Stress series is specifically designed to support those who identify as Black, Brown, Indigenous, or with another community of color (BIPOC). The class provides a safe space for discussion of stressors commonly experienced by people of color, and offers participants tools to support health and wellness.

**Fee:** Free to all.

## **Managing Job Stress (4 weekly 2.0 hour sessions)**

This class provides tools to help participants navigate stress at work. The class also invites participants to identify action steps within their control to help reduce overall stress.

**Fee:** Free for members; not open to the public.

## **Mindfulness-Based Stress Reduction (8 weekly 2.5 hour sessions & ½ day retreat)**

Mindfulness practice can be helpful for dealing with stress, chronic pain, hypertension, depression, and difficulty sleeping. Learn mindfulness tools to help you create more calm in your life. *Note: Free, 1.5 hour orientation recommended prior to enrollment.*

**Fee:** \$110 members; \$190 non-members.

## **Couples Communication (4 weekly 2.0 hour sessions)**

Learn more effective ways to discuss difficult topics, reduce defensiveness and understand your partner's perspective. This series is specifically designed for couples in committed relationships to attend together.

**Fee:** Free for members, \$120 for non-members.

*\*Only one person in the couple needs to be a Kaiser Permanente member in order to access the member rate.*

## **Managing Anger (8 weekly 2.0 hour sessions)**

Learn to identify anger triggers, develop communication skills, and practice healthier ways to respond. *Note: Free, 1 hour orientation required prior to attending. This series does not satisfy court-ordered treatment required for domestic violence.*

**Fee:** \$80 members; \$160 non-members.

## **Navigating Adult ADHD (6 weekly 2.0 hour sessions)**

Participants will gain knowledge about the biology and scope of ADHD symptoms and explore tools, strategies, and resources to support symptom management.

**Fee:** \$80 members; \$160 non-members.

## **Caminos Hacia una Buena Salud Emocional (Una sola clase, 2.5 horas)**

En esta clase le ayudaremos a identificar sus fuentes de estrés a enfrentar mejor la ansiedad y reduzca los síntomas de depresión. También se explorarán varios recursos que le ayudarán a dar los siguientes pasos en su camino hacia el bienestar emocional.

Abierta a la comunidad. **Sin costo.**

*Program fees listed are subject to change and may depend on your health plan coverage.*

## **Telephonic Wellness Coaching**

Ready to lose weight, eat healthier, lower stress, move more, or quit smoking? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes. Call 1-866-251-4514 or go to [kp.org/healthcoach](http://kp.org/healthcoach) to schedule your telephone appointment. Free to members.

## **Your Health Online**

### **[kp.org/mydoctor](http://kp.org/mydoctor) – My Doctor Online**

- Email your doctor.
- View labs,
- Refill medications

### **[kp.org/selfcareapps/ncal](http://kp.org/selfcareapps/ncal)**

- Personalized programs **CALM** and **myStrength** provide interactive activities and coping tools for mindfulness, meditation, and sleep.

### **[kp.org/mydoctor/stayinghealthy](http://kp.org/mydoctor/stayinghealthy)**

- Find information on strategies for stress management, sleep, healthy eating and more.

### **[kp.org/depression](http://kp.org/depression)**

- Tools to deal with depression.

### **[kp.org/español](http://kp.org/espanol)**

- Puede comunicar con su médico por correo electrónico
- Puede ver sus resultados laboratorios, ordenar medicamentos



**KAISER PERMANENTE®**

# Blood Pressure and Heart Health Programs



Learn how to reduce your risk for blood pressure and heart health complications by building on healthy habits and monitoring blood pressure at home.

## Blood Pressure and Heart Health Online Class

- Learn about what you can do to lower your cholesterol and blood pressure, improve your overall health, and reduce your risk for heart attack and stroke.
- Spanish Online Class Available

## Meet with a Health Educator

- Talk with a health educator to develop an action plan and connect with resources to help you reach your blood pressure and heart health goals.
- Video or Phone appointments available.



Scan the QR code to view our Health Education Department website for more programs and resources available for you.



**To register for a class or to book an appointment,  
please call the Health Education Department (510) 752-6150**

\* Programs available to Kaiser Permanente members at no cost

# Diabetes Classes and Resources

## Live healthy, stay healthy

KAISER PERMANENTE • EAST BAY • HEALTH EDUCATION DEPARTMENT



### Diabetes Classes for Kaiser Permanente Members

For your safety, we offer classes and programs online. In-person services will be provided as it is safe to do so. Please contact your Health Education Department for current options.

#### Classes (clases en español en el reverse de la página)

##### Prediabetes (online class available)

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this class. (Ages 16+ to attend, ages 16-17 must be accompanied by an adult)

Fee: No fee. Members only.

##### Diabetes Basics (online class available)

You can feel better and be active and healthy when you apply the basics of managing your Type 2 diabetes. In this class, we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing your stress.

Fee: No fee. Members only, available in Spanish, Filipino and Cantonese

##### Group Meter Teach (in-person and online class available)

In this workshop, you will learn how to properly test your blood sugar, how to access the stored data, and how to send the data to your diabetes provider.

**Be sure to bring your glucometer and all equipment with you**  
Fee: No fee. Members only, available in Spanish.

##### Healthy Eating with Diabetes (online class available)

In this class, you will get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods and how to enjoy eating out healthfully.

Fee: No fee. Members only, available in Spanish

**See reverse side for additional resources to keep you healthy**

To register for a class, please call Health Education:

- 1 Oakland 510-752-6150
- 1 Richmond 510-307-2210
- 1 Pinole 510-243-4020

Our Health Education Centers are open to members and the community. We have resources to help you and your family thrive.

- Diabetes friendly cookbooks
- Information and videos on Diabetes, Nutrition, and Exercise
- Portion plates and food scales

### Health Education Centers:

**Oakland Medical Center**  
3801 Howe St.  
4<sup>th</sup> Floor, Dept 444  
Oakland, CA 94611

**Richmond Medical Center**  
901 Nevin Ave. Bldg. 1,  
1st Floor, Dept. 115  
Richmond, CA 94801

**Pinole Medical Offices**  
1301 Pinole Valley Road,  
1st Floor  
Pinole, CA 94564

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease, and promoting health**

### **Advanced Diabetes Nutrition (online class available)**

In this advanced class, you will receive additional practice on planning meals, counting carbs, and reading food labels. Completion of "Diabetes Basics" and "Healthy Eating with Diabetes" highly recommended to attend this class.

**Fee:** No fee. *Members only.*

### **Carbohydrate Counting with Mealtime Insulin (online class available)**

This one-session class is for members with type 1 and type 2 diabetes, using insulin. Learn what factors affect blood sugar levels and how insulin is adjusted to reach blood sugar control.

**Fee:** No fee. *Members only.*

## **Clases en español**

### **Lo básico sobre la diabetes (clase en linea disponible)**

Usted podrá sentirse mejor, al aplicar lo básico del manejo de la diabetes tipo 2. En esta clase, nosotros le daremos un análisis general de las 5 áreas del manejo de la diabetes tipo 2: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, uso adecuado de los medicamentos y manejo de su estrés.

**Costo:** Gratis, *abierta solo a los miembros de Kaiser Permanente*

### **Clase para enseñanza de medidor (clase en persona y en linea disponible)**

En este taller, usted aprenderá como usar correctamente su medidor de glucosa, como analizar sus resultados de glucosa y como compartir sus resultados electrónicamente con su médico.

**Costo:** Gratis, *abierta solo a los miembros de Kaiser Permanente*

### **Coma bien con diabetes (clase en linea disponible)**

En esta clase, usted recibirá consejos para planificar sus comidas, contar carbohidratos y leer las etiquetas de los alimentos. Aprenda nuevas maneras de preparar sus comidas favoritas y a disfrutar saludablemente lo que come fuera de casa.

**Costo:** Gratis, *abierta solo a los miembros de Kaiser Permanente*

## **Your Health Online**

Create an account on [kp.org](http://kp.org)  
[kp.org](http://kp.org)

- Email your doctor
- View labs, refill medications

[kp.org/mydoctor/prediabetes](http://kp.org/mydoctor/prediabetes)

- Information and videos on diabetes prevention and healthy eating

[kp.org/mydoctor/diabetes](http://kp.org/mydoctor/diabetes)

- Information about diabetes self-management and healthy eating videos

[kp.org/nutrition](http://kp.org/nutrition)

- Tips and recipes for eating well

## **español**

[kp.org/espagnol](http://kp.org/espagnol)

- Puede comunicar con su médico por correo electrónico
- Puede ver sus resultados laboratorios y ordenar medicamentos

[kp.org/mydoctor/prediabetes](http://kp.org/mydoctor/prediabetes)

- Información y videos sobre la prevención de la diabetes y en comer saludable

[kp.org/mydoctor/diabetes](http://kp.org/mydoctor/diabetes)

- Información y videos en el cuidado de la diabetes y en comer saludable para mantenerse saludable

[kp.org/nutricion](http://kp.org/nutricion)

- Información y recetas de la nutrición

# STAYING HEALTHY

## LIFESTYLE MEDICINE



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### What is Lifestyle Medicine?

Lifestyle Medicine uses evidence-based therapeutic approaches to prevent, treat, and even reverse chronic disease such as diabetes and heart disease. It centers the practice of six pillars – whole food, plant-based nutrition, physical activity, avoidance of risky substances, stress management, restorative sleep, and social connection. With the support from Kaiser Permanente's coaches and providers, you will get resources to take care of your mind and body, and how to eat plant strong.

### The 6 Pillars of Lifestyle Medicine

#### Whole Food, Plant-Based Nutrition

Food is medicine. Choose mostly whole, plant-based foods that are rich in fiber and are nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts, and seeds. See a [plant-based cooking demo](#) and learn more plant-based recipes at the [Food for Health Site](#). [Take a Thrive Kitchen Class!](#)

#### Physical Activity

Regular and consistent physical activity is an essential piece of the optimal health equation. Find [physical activity](#) tips and videos. Work one-on-one with one of our [Personal Health Coaches](#).

#### Smoking Cessation and Avoidance of Risky Substances

Tobacco use and too much alcohol increases the risk of chronic diseases. Learn more at [addiction and recovery](#) or schedule a 1:1 with our [Telephonic Wellness Coaches](#) to help with quitting tobacco.

#### Stress Management

Stress is a part of life. How we think about it and how we react to it makes the difference in how it impacts our health. Learn more about [mental health and wellness](#) or sign up for [available classes](#).

#### Restorative Sleep

Lack of, or poor-quality sleep can lead to a strained immune system. Identify dietary, environmental, and coping behaviors to improve sleep health. Learn how to [improve your sleep](#) or sign up for one of our [available classes](#).

#### Social Connection

Social connection and relationships affect our physical, mental, and emotional health. Below are some tips that may help you create and keep important connections in your life. [Get creative to stay connected with family and friends](#) or see [self-care](#) online tips.

## Programs & Classes

### Whole Food Plant Based Eating Online Class **415-833-3450**

This program aims to empower you to eat Plant-Strong, along a spectrum that works for you. Reduce your risk of chronic conditions and improve your overall health while helping you feel your best.

Taught by Heather D'Eliso Gordon, RD.

**Fee:** No Fee for members, \$20 for nonmembers

### The Thrive Kitchen Online Class

#### **415-833-3450**

Food is one of the most powerful tools you have to improve your health. Join physician and chef Linda Shiue in this hands-on class. You'll learn to make globally inspired, seasonal cuisine, with a focus on plant-based eating. At the end of the class, you'll enjoy the meal you've prepared. A different menu is offered each month.

**Fee:** No Fee for members, \$20 for nonmembers

### Plant Strong Program

#### **415-833-3450**

In this 12-week, online Lifestyle Medicine class, you'll learn how to eat Plant-Strong. This program aims to empower you to eat a balanced whole foods plant-based diet in a way that works for you. Connect with others who are also working to improve their health through lifestyle medicine. Reduce your risk of chronic conditions and improve your overall health while helping you feel your best.

**Fee:** No Fee for members

### Personal Health Coaching

#### **415-833-7800**

The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.

**Fee:** Rates vary based on service & package

Available to members and nonmembers.

## Visit Us Online

### [\*\*Health Education Homepage\*\*](#)

Visit the Health Education Homepage for more classes and programs.

### [\*\*Lifestyle Medicine Homepage\*\*](#)

Visit the Lifestyle Medicine homepage to find resources on how to take care of yourself in mind and body, and how to eat and cook plant-strong, with support from Kaiser Permanente's professional coaches and providers.

### [\*\*Healthy Cooking Videos\*\*](#)

Learn new recipes and cooking techniques with Dr. Linda Shiue, Director of Culinary & Lifestyle Medicine for Kaiser Permanente San Francisco.

[\*\*Thrive Community Resources\*\*](#) - Explore this directory of community-based programs and services in your area , simply enter your zip code to find programs for food, housing, childcare, and more.

### **Kaiser Permanente Health Education Centers**

**Address:** 2241 Geary Boulevard, San Francisco, CA 94115 & 1600 Owens Street, San Francisco, CA 94158

**Phone:** 415-833-3450

**Hours:** Monday—Friday 9a.m.—5 p.m., closed 12:30p.m. – 1:30p.m.

**Email:** SFHealthEd@kp.org

**Scan Here for the San Francisco Health Education Homepage**



# STAYING HEALTHY

## WEIGHT MANAGEMENT & NUTRITION



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### Weight Management, Nutrition & Fitness Resources

#### Telephonic Wellness Coaches

**1-866-251-4514**

Get the motivation and guidance you need to take an active role in your health. Whether you're trying to get active, eat better, manage your weight, quit tobacco, or handle stress, your health coach can help you create a plan. You and your coach talk by phone at a time that's convenient for you.

**Fee:** No fee for members (members only)

#### Individual Counseling

**415-833-3450**

Our Clinical Health Educators (CHEs) are here to provide individual guidance and support for a range of health concerns, including weight management, stress, chronic conditions and tobacco cessation.

**Fee:** No fee for members (members only)

#### Personal Health Coaching

**415-833-7800**

The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.

**Fee:** Rates vary based on service & package

Available to members and nonmembers.

#### Prediabetes Online Class (Single Session)

**415-833-3450**

Learn how to help prevent or delay the onset of diabetes by eating well and exercising. These healthy lifestyle changes will help you to take charge of your health to reduce your risk of diabetes and its complications.

**Fee:** No fee for members (members only)

#### Healthy Weight 1 Online Series (6 Sessions)

**415-833-3450**

Join an instructor-led class right from your own computer. Learn to adopt healthier behaviors and attitudes for long-term weight loss. Connect with others who are also working to lose weight.

**Fee:** No fee for members (members only)

#### Medical Weight Management Program

**415-833-3808**

If you have at least 40 pounds to lose and want to make positive, lasting changes that improve your health, increase your energy level, and help you get the most out of life, this medically-supervised weight management program might be for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions.

**No referral required.** Available to members and nonmembers.



Scan Here

## Lifestyle Medicine Resources

### **The Thrive Kitchen Online Class** **415-833-3450**

Food is one of the most powerful tools you have to improve your health. Join physician and chef Linda Shiue in this hands-on class. You'll learn to make globally inspired, seasonal cuisine, with a focus on plant-based eating. At the end of the class, you'll enjoy the meal you've prepared. A different menu is offered each month.

**Fee:** No Fee for members, \$20 for nonmembers

### **Plant Based Eating Online Class** **415-833-3450**

This program aims to empower you to eat Plant-Strong, along a spectrum that works for you. Reduce your risk of chronic conditions and improve your overall health while helping you feel your best. Taught by Heather D'Eliso Gordon, RD.

**Fee:** No Fee for members, \$20 for nonmembers

### **Plant Strong Program** **415-833-3450**

In this 12-week, online Lifestyle Medicine class, you'll learn how to eat Plant-Strong. This program aims to empower you to eat a balanced whole foods plant-based diet in a way that works for you. Connect with others who are also working to improve their health through lifestyle medicine. Reduce your risk of chronic conditions and improve your overall health while helping you feel your best.

**Fee:** No Fee for members

### **Visit Us Online**

#### [Eat Well, Be Active, Live Better Website](#)

Support and tips on losing weight, healthy eating, and exercise

#### [Lifestyle Medicine Homepage](#)

Visit the Lifestyle Medicine homepage to find resources on how to take care of yourself in mind and body, and how to eat and cook plant-strong, with support from Kaiser Permanente's professional coaches and providers.

#### [Healthy Cooking Videos](#)

Learn new recipes and cooking techniques with Dr. Linda Shiue, the Director of Culinary Medicine for Kaiser Permanente San Francisco.

#### [Kaiser Permanente's Food for Health Blog](#)

Recipes and Meal planning with a Plant-Strong emphasis.

#### [My Doctor Online](#)

Communicate with your Doctor Access online program, videos & Podcasts

#### **Kaiser Permanente**

#### **Health Education Centers**

**Address:** 2241 Geary Boulevard

San Francisco, CA 94115 or

1600 Owens Street

San Francisco, CA 94158

**Phone:** 415-833-3450

**Hours:** Monday—Friday 9a.m.—5 p.m.

**Email:** SFHealthEd@kp.org

#### [Visit the Health Education Homepage](#)



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## Initial Consultation

Required one-on-one discussion with a Personal Health Coach to review your health and wellness goals as well as discuss your readiness to make lifestyle changes. The visit includes an overview of the services offered and the opportunity to ask questions. This fee will be applied to the total amount for any service purchased.

**\$20 – members**

**\$35 – non-members**

## Body Composition Test

Body composition testing is used to describe the percentages of fat, bone, water and muscle in human bodies. The test can provide a healthy weight range goal.

(30 min)

**\$55 – members**

**\$85 – non-members**

## Resting Metabolic Rate Test

Measures the amount of energy – or number of calories – that your body uses to carry out processes in your body when it is at complete rest. We calculate your total energy expenditure (TEE) and provide a calorie budget.

(1 hour)

**\$95 – members**

**\$145 – non-members**

## Fine Tuning

### Fitness and Nutrition Coaching

For people who want to explore new eating and exercise habits. (7 hours)

- Resting metabolic rate testing
- Body composition testing (2x)
- Fitness testing
- Fitness follow up support: Four 30-min visits
- Food journal analysis
- Nutrition assessment and recommendations
- Nutrition follow up support: Two 30-min visits

**\$455 – members**

**\$700 – non-members**

## Fine Tuning

### Nutrition Coaching

For people who want to explore new eating habits.

(4 hours)

- Resting metabolic rate testing
- Body composition testing (2x)
- Food journal analysis
- Nutrition assessment and recommendations
- Nutrition follow up support: Two 30-min visits

**\$260 – members**

**\$400 – non-members**

## Fine Tuning

### Fitness Coaching

For people who want to explore new exercise habits.

(4 hours)

- Resting metabolic rate testing
- Body composition testing (2x)
- Fitness testing
- Fitness follow up support: Four 30-min visits

**\$260 – members**

**\$400 – non-members**

## Personal Health Coach Program

This program is offered at Kaiser Permanente only in the San Francisco Medical Center's Health Education Department. We provide one on one consultation to help optimize your health and wellness goals through nutrition and fitness coaching.

415-833-7800

health.coach@kp.org

## Fitness Health Coach

Aleah Mainzer, MPT, CPT

Licensed Physical Therapist

Certified Personal Trainer

Certified Pilates Instructor

[kp.org/mydoctor/aleahmainzer](http://kp.org/mydoctor/aleahmainzer)

## Nutrition Health Coach

Heather D'Eliso Gordon, RD, CSSD

Registered Dietitian

Certified Specialist in Sports Dietetics

Certified in Plant Based Nutrition

[kp.org/mydoctor/heathergordon](http://kp.org/mydoctor/heathergordon)

## Get Started!

### Fitness and Nutrition Coaching

Package provides a beginner fitness and nutrition plan for someone who wants to get started on healthy lifestyle changes. (6 hours)

- Resting metabolic rate testing
- Fitness testing
- Food journal analysis
- Nutrition assessment and recommendations
- Two 30-min visits of customized fitness and / or nutrition follow up support

**\$390 – members**

**\$600 – non-members**

## Fueling for an Event

### Sports Nutrition Coaching

For people who are training for an event and want help optimizing their performance. Coaching provided by a certified specialist in sports dietetics (CSSD). (4 hours)

- Resting metabolic rate testing
- Food journal analysis
- Nutrition recommendations
- Two 30-min visits of follow up support

**\$260 – members**

**\$400 – non-members**

## Nutrition Periodization

### Sports Nutrition Coaching

For athletes who want to learn how to optimize their competitive season. Nutrition assessment, fueling strategies for training, competition, and optimizing body weight. Coaching provided by a certified specialist in sports dietetics (CSSD). (6 hours)

- Resting metabolic rate testing (2x)
- Body composition testing (3x)
- Food journal analysis
- Nutrition recommendations
- Four 30 min visits of follow up support

**\$390 – members**

**\$600 – non-members**

## Plant Strong

### Nutrition Coaching

For people who want to move towards a plant-forward diet and learn how to nourish their body with whole foods. We will provide nutrition coaching and make meal planning adjustments as necessary. (3 hours)

- Nutrition assessment
- Four 30 min visits of follow up support

**\$195 – members**

**\$300 – non-members**

## Additional Resources:

### Websites:

[kp.org/sanfrancisco/healthed](http://kp.org/sanfrancisco/healthed)

[kp.org/fitness](http://kp.org/fitness)

[kp.org/healthcoach](http://kp.org/healthcoach)

### Books:

*Be Your Own Personal Trainer*  
James Garrick, MD

*The New Rules of Lifting: Supercharged*  
Lou Schuler & Alwyn Cosgrove

*The Power of Habit: Why We Do What We Do in Life & Business*  
Charles Duhigg

*The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*  
Kelly McGonigal, Ph.D.

*Strength Training Anatomy*  
Frederic Delavier

## Strong Body

### Fitness Coaching

For people with varied diagnoses such as osteoporosis, sports injuries, Parkinson's disease, multiple sclerosis, or those transitioning from physical therapy and need assistance with home exercise programs.

(6 hours)

- Fitness testing
- Fitness progression (5x)

**\$390 – members**

**\$600 – non-members**

## Pilates Introduction

### Fitness Coaching

For people who want to focus on core strength and possibly transition to a Pilates group class setting. Coaching provided by a certified Pilates physical therapist. Excellent for post-partum diastasis recti injury (abdominal muscle weakness).

(6 hours)

- Fitness testing
- Fitness progression (5x)

**\$390 – members**

**\$600 – non-members**

## Optimize Health

### Fitness and Nutrition Coaching

For people with chronic conditions such as heart disease, diabetes and for cancer survivors that are using food and exercise as complementary medicine.

(8 hours)

- Fitness testing
- Nutrition assessment and recommendations
- Twelve 30-min visits of customized follow up support of fitness and / or nutrition (6 hours)

**\$520 – members**

**\$800 – non-members**

## Follow Up Support

We offer follow up support for any of our services in addition to what is already included in the description. Our goal is to support you from start to finish, so we recommend that you consider how much support you are likely to need at this time.

- **1 hour - \$75 / \$115**
- **3 hours - \$225 / \$345**
- **6 hours - \$420 / \$645**
- **12 hours - \$780 / \$1200**

## Nutrition Re-Set

### Nutrition Coaching

For people who want to learn how to optimize their nutrition for a healthy energy level and overall well-being. We will provide nutrition coaching and make adjustments as necessary. (2 hours)

- Nutrition assessment
- Two 30-min visits of follow support

**\$130 – members**

**\$200 – non-members**

## Additional Resources:

### Websites:

[foodforhealth.kaiserpermanente.org](http://foodforhealth.kaiserpermanente.org)  
[kp.org/nutrition](http://kp.org/nutrition)  
[kp.org/recipes](http://kp.org/recipes)

### Books:

*How Not to Die*  
Michael Greger, MD

*The Forks Over Knives Plan: A 4-Week Meal –by- Meal Makeover*  
Alona Pulde, MD & Matthew Lederman, MD

*The Complete Idiot's Guide to Plant-Based Nutrition*  
Julieanna Hever, MS, RD, CPT

*Intuitive Eating: A Revolutionary Program That Works*

Evelyn Tribole, MS, RD & Elyse Resch, MS, RD, FADA

### *How to Eat*

Thich Nhat Hanh

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.



**CULINARY MEDICINE PHYSICIAN COACHING**

**Culinary Medicine combines the art of cooking with the science of medicine to help you achieve and maintain good health, deliciously.**

**Linda Shiue, MD, Chef, DipABLM | Culinary Medicine Physician Coaching**

- 60 minute consultation with physician-chef on how to eat and cook your health
- Culinary medicine prescription with recipes customized for your food preferences and culture, dietary restrictions, and health conditions
- Virtual kitchen consult with advice on pantry stocking and equipment for your kitchen
- Private cooking instruction
- Priority registration into 3 Thrive Kitchen virtual cooking classes
- Exclusive discounted meal delivery (optional)
- Counseling on meal planning, grocery shopping, nutrition label reading and mindful eating

Call (415) 833-7808 to schedule an appointment.

**Kaiser Permanente San Francisco Health Education**

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your covered health plan benefits, please see your Evidence of Coverage. Open to members and nonmembers. 01/2024

Photo of model, not actual patient.



LIFESTYLE MEDICINE PHYSICIAN CONSULTATION

**Lifestyle Medicine is an evidence-based medical specialty designed to empower you to prevent and reverse disease and improve well-being. Whether you have issues with prediabetes, high blood pressure, cholesterol, or weight, or just want to learn how to improve your health and happiness, Lifestyle Medicine can help you reach your goals.**

Linda Shiue, MD, Chef, DipABLM | Lifestyle Medicine Physician Consultation

- Personalized, collaborative, whole person care
- Measurement of cardiometabolic vital signs
- Comprehensive dietary assessment, review of medical history and lifestyle
- Personalized Lifestyle Medicine prescription to help you reach your health goals using evidence-based, data-informed solutions
- Exclusive discounted meal delivery (optional)

Call (415) 833-7808 to schedule an appointment.

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Photo of model, not actual patient.

# 2024 免費粵語健康講座

## 2024 Classes in Cantonese

Class to be held online until further notice 課程將在線舉行,直至另行通知

報名、請電 415-833-1639 To Register, call 415-833-1639

KAISER PERMANENTE • SAN FRANCISCO • DEPARTMENT OF HEALTH EDUCATION • 三藩市•健康教育部

Providers may direct book classes via eConsult: San Francisco - Health Education

### 預防高膽固醇 及 高血壓班

(Cholesterol/Hypertension)

星期二, 1月09日	9:30am-11:30am
星期二, 3月 12日	9:30am-11:30am
星期二, 5月14日	9:30am-11:30am
星期二, 7月09日	9:30am-11:30am
星期二, 9月10日	9:30am-11:30am
星期二, 11月12 日	9:30am-11:30am



### 預防糖尿病 及 糖尿病前期護理班

(Prediabetes)

星期二, 1 月16 日	10am – 11:30am
星期二, 3 月 19日	10am – 11:30am
星期二, 5 月 21日	10am – 11:30am
星期二, 7 月 16日	10am – 11:30am
星期二, 9 月 24日	10am – 11:30am
星期二, 11 月 19日	10am – 11:30am

### 腎臟保健班 (Healthy Kidney)

星期五, 2月23日	2:30pm-4:30pm (選在線上或現場)
星期五, 4月26日	2:30pm-4:30pm (選在線上或現場)
星期五, 6月28日	2:30pm-4:30pm (選在線上或現場)
星期五, 8月23日	2:30pm-4:30pm (選在線上或現場)
星期五, 10月25日	2:30pm-4:30pm (選在線上或現場)

### 糖尿病護理班 (Diabetes Basics)

星期三, 1月17 日	2pm-4:30pm
星期四, 2月08 日	9am-11:30am (選在線上或現場)
星期三, 3月 20 日	2pm-4:30pm
星期四, 4月 11 日	9am-11:30am (選在線上或現場)
星期三, 5月15 日	2pm-4:30pm
星期四, 6月13 日	9am-11:30am (選在線上或現場)
星期三, 7月17 日	2pm-4:30pm
星期四, 8月 08 日	9am-11:30am (選在線上或現場)
星期三, 9月18 日	2pm-4:30pm
星期四, 10月10 日	9am-11:30am (選在線上或現場)
星期三, 11月20 日	2pm-4:30pm
星期四, 12月12 日	9am-11:30am (選在線上或現場)

# Thrive Kitchen at Home Online Cooking Class

**Taught by: Dr. Linda Shiue, Chef,  
Director of Culinary Medicine & Director of Lifestyle Medicine  
at Kaiser Permanente San Francisco**

## 2024 Schedule

Jan 10	Soups and Salads
Feb 14	Eat Your Greens!
Apr 3	Spring Vegetables
Apr 17	Cook to Reduce Food Waste
May 8	Healthy Asian Cooking
Jun 12	Mediterranean Picnic
Jul 10	Fun with Fermentation Workshop
Aug 14	Back to School, Back to Basics: Grain Bowls
Sep 11	Plantbased Tacos and Ceviche
Oct 9	Everything Pumpkin
Nov 13	Plantbased Thanksgiving
Dec 4	Holiday Appetizer Party

**Online Class: Wednesdays, 6:20PM - 8:30PM**

**No Fee for Kaiser Permanente Members / \$20 Non-Members**

**Pre – registration is required**

**Contact Health Education at 415-833-3450**

**or email [Sfhealthed@kp.org](mailto:Sfhealthed@kp.org)**

[Healthy Cooking](#)



[Lifestyle Medicine](#)



# Plant Based Eating Class

## *Your Prescription to Health*



**This program aims to empower you to:**

- Learn the Why, What & How of Plant Based Eating
- Eat plant-strong, along a spectrum that works for you.
- Reduce your risk of chronic conditions and associated symptoms.
- Improve your overall health while helping you feel your best.

Taught by a Registered Dietitian

Heather D'Eliso Gordon, RD, CSSD, [My Doctor Online | Heather D'Eliso Gordon](#)  
Anne Kolker, RD, [My Doctor Online | Anne Kolker](#)

**Open to Kaiser Permanente members**  
**Single session, 2-hour class on Wednesdays**  
**Offered 2<sup>nd</sup> Wednesdays from 10:00 am-12:00pm**  
**&**  
**Offered 4<sup>th</sup> Wednesdays from 5:00-7:00pm**

For more information and to register, call the  
Health Education Department at 415-833-3450 or email [SFhealthed@kp.org](mailto:SFhealthed@kp.org)

Link to Class Handouts: [Click Here](#)

