



Healthy Living Programs

**NOURISH YOUR
MIND AND BODY**

what does being healthy mean to you?

Want to get healthy, stay healthy and thrive? With our health classes, programs and resources, you'll find the support you need to succeed.

NOT SURE WHERE TO START?

Find your physician's home page at kp.org/mydoctor to connect to health resources recommended by your doctor. Quick links take you to reliable information on various health topics, as well as to interactive programs, videos, and podcasts.

And while you're online, let our HealthMedia® Succeed™ online program evaluate your specific lifestyle and suggest customized ways to improve your health and quality of life. For more information, visit kp.org/healthylifestyles.

MANAGE YOUR HEALTH ONLINE

You are the most important member of your health care team. And now you have the resources to stay on top of your health online with My Health Manager on kp.org:

- E-mail your doctor with routine health questions
- Order and check the status of prescription refills
- Request, view, and cancel routine appointments
- View most lab test results
- Review past office visit information

To access these secure features of our member Web site, register today at kp.org/register.

WELLNESS COACHING BY PHONE

A personal coach can increase your likelihood of success by helping you create—and stick with—a plan for long term health. Call 1-866-251-4514 (toll free), 6 a.m. to midnight daily, to schedule your coaching appointment. Sessions are available in English and Spanish and are offered at no additional cost for Kaiser Permanente members.

break free from tobacco



If you smoke, consider this: More than 1 million people in the United States successfully quit smoking every year. Even if you've tried quitting before, it's important to keep trying. Many smokers make a few attempts before they stop for good. Most eventually succeed. When you're ready to stop smoking, we're here to help.

HEALTHY LIVING CLASSES

Declare your freedom from tobacco by joining one of our quit smoking programs. Learn about the nature of nicotine addiction, how to develop a personal quit plan, and ways to deal with withdrawal and relapse. Visit kp.org/classes to find a class near you. For more information, call your Health Education Center.

QUIT TOBACCO MEDICATIONS PROGRAM

Visit kp.org/tobaccomedications to check out this animated online program. Learn about medicines that can help you feel better and cope with withdrawal symptoms while you're quitting tobacco.

PERSONALIZED SMOKING CESSATION PLAN

HealthMedia® Breathe™ gives you customized strategies to quit smoking. This award-winning program has helped many others succeed. To see how it can help you quit, visit kp.org/healthylifestyles.

CALIFORNIA SMOKERS' HELPLINE

1-800-NO-BUTTS (toll-free)

Ready to quit tobacco, or just thinking about it? This California state quit-line service is available in many languages. A counselor can help you design a plan to fit your needs so you can quit for good.

Participation in our smoking cessation program qualifies members with prescription coverage to receive prescribed tobacco cessation medications at their usual copay.

weigh your options



Reaching a healthy weight can help you look and feel great. Connect with these resources to achieve results that can last a lifetime.

HEALTHY LIVING CLASSES

Whether your goal is to lower your cholesterol, burn calories, or touch your toes, you'll get the support you need with our weight management, exercise, and nutrition classes. Check out our **Healthy Weight Program**, which focuses on positive lifestyle behaviors and attitudes for long-term weight management. Classes are available in person or by webinar (using your computer, the Internet and a telephone). Go to kp.org/classes to search for classes offered or contact your local Health Education Center. Some classes may require a fee.

WEBCARE FOR HEALTHY WEIGHT

This self-directed, online program offers information, encouragement and resources for daily support. Use a variety of tools, such as the program's food journal which connects to the USDA's calorie counting database. Look for the "WebCare" link on your physician's home page at kp.org/mydoctor.

HEALTH TALKS ONLINE

Join our team of experts online to learn the latest on a wide variety of health topics. Get tips about healthy lifestyle, stress management, improved nutrition and more. Health talks are on the first Wednesdays of each month from 12:30 to 1:30 p.m. Register for free by visiting kp.org/healthtalks. Space is limited.

ONLINE HEALTH COACH

Our new online coaching programs are another way to find the motivation and help you need to make lasting changes for your health. Become more physically

weigh your options



active with our Let's Get Physical program, or improve your eating habits with the S.M.A.R.T. Eating program. Look for the "Online Health Coach" link on your physician's home page at kp.org/mydoctor.

HEALTHY LIVING TO GO AUDIO PROGRAMS

Listen to guided imagery and audio programs on topics such as weight loss, exercise, and healthy eating. Download "In the Kitchen with Carole" and take a "tour" of your own kitchen with registered dietitian Carole Bartolotto to identify unhealthy foods and learn healthy alternatives. Just find your physician's home page at kp.org/mydoctor and click on "Podcasts" to access our full audio library.

PERSONALIZED WEIGHT OR NUTRITION PLAN

For help reaching your ideal weight, look to HealthMedia® Balance™ to give you personalized strategies for losing weight and keeping it off. To get started, visit kp.org/healthylifestyles.

Or try our HealthMedia® Nourish™ program to help you make smart and delicious food choices to increase energy, manage weight, and live a longer, healthier life.

ONLINE TOOLS

On the kp.org website, you can find weight management and fitness tools like the BMI calculator or the portion size tool. Look for the calorie and fitness calculator, target heart rate tool, or the yoga widget.

RECIPES FOR GOOD HEALTH

Need some inspiration in the kitchen? Go to kp.org/recipes and let us help you make it easier to prepare savory and healthy meals.

stress less



Some stress is normal, even useful. But if stress happens too often or lasts too long, it can have negative effects on your health. Use these resources to find what's causing stress in your life and discover healthy ways to reduce and relieve stress.

HEALTHY LIVING CLASSES

Discover how your body, mind, and symptoms are all connected with one of our stress management classes. You could try a yoga class to quiet your mind while you increase your flexibility and energy. Or try tai chi to experience an ancient form of movement and improve your sense of well-being. Search for these and other programs at kp.org/classes, or call your Health Education Center for more information.

ONLINE HEALTH COACH

Our online Stress Less coaching program can help you learn to relax and find the motivation and tools you need to make lasting changes for your health. Look for the "Online Health Coach" link on your physician's home page at kp.org/mydoctor.

PERSONALIZED STRESS REDUCTION PLAN

The online HealthMedia® Relax™ program analyzes your lifestyle and provides customized strategies for reducing and managing your specific source of stress. Visit kp.org/healthylifestyles and start learning to relax today.

STRESS CALCULATOR

Going through changes at home, work, or socially? Visit kp.org/calculators to assess your own stress level.

HEALTHY LIVING TO GO AUDIO PROGRAMS

Listen to guided imagery and audio programs on stress management, headaches, anger management and the joy of healthy pleasures. Just find your physician's home page at kp.org/mydoctor and click on "Podcasts" to access the full audio library.

mind your health

Your thoughts, attitudes, and behaviors strongly influence your health and vitality. Take advantage of the natural healing capacities of your mind to make healthy changes, communicate more effectively, and improve your mood. Visit kp.org/mindbody for quick links to a variety of information and resources.

HEALTHY LIVING CLASSES

Many people struggle with anxiety, anger, stress and depression every day. We can help you find the support and tools you need to improve your health and quality of life. Learn skills to reduce stress and anxiety, or techniques to enhance your ability to communicate effectively and resolve conflicts cooperatively.

Visit kp.org/classes to search for classes and support groups on these and other topics, or call your Health Education Center. Some classes may require a fee.

HEALTHY LIVING TO GO AUDIO PROGRAMS

Listen to guided imagery and audio programs on reducing stress and managing depression. Just find your physician's home page at kp.org/mydoctor and click on "Podcasts" to access the full audio library.

MANAGING YOUR HEADACHES

Headaches are a common ailment. With our new online tool, "Managing Your Headaches," you can learn about headache types, triggers, and symptoms, as well as how to work with your doctor to manage and prevent headaches. Look for "Managing Your Headaches" on your physician's home page at kp.org/mydoctor.

GET SAFE. GET HELP.

If you or someone you know needs help dealing with an abusive relationship, contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or talk with your doctor. For more information, visit kp.org/domesticviolence or ndvh.org.

live healthier with ongoing conditions

Living with a chronic illness can be difficult. But finding ways to manage your condition can help you achieve the best possible physical health and get more pleasure from life. Our goal is to help you reach that potential.

Start by exploring the health topics and resources on your doctor's home page at kp.org/mydoctor. There, you'll find a number of videos, podcasts, and online programs to support your health goals and interests, such as:

- Taking Care of Your Kidneys video
- Healthy Journeys Guided Imagery audio programs
- Insulin for Diabetes videos
- Asthma videos

HEALTHY LIVING CLASSES

With programs like "Healthier Living: Managing Ongoing Health Conditions," we can help you understand your condition and treatment options, manage your pain and other symptoms, and talk about your condition with family and health care providers. You will learn lifestyle skills and find resources so you feel more confident and supported. Visit kp.org/classes to search for classes and support groups at your local medical facility. Some classes may require a fee.

TAKE YOUR HEALTH TO HEART

Maintaining a heart-healthy lifestyle includes physical activity, managing stress, and taking the right medications. Learn how to take care of your heart at kp.org/heart.

PERSONALIZED CARE PROGRAMS

Develop the confidence, skills, and knowledge to manage chronic conditions with our online HealthMedia® Care for Your Health™ program. Or learn to become an "expert" at managing specific health issues like back pain, diabetes, insomnia, and depression. Find these and more personalized care programs at kp.org/healthylifestyles.

get connected



HEALTHY PARENTING ONLINE NEWSLETTERS

You probably already look to us to help with your prenatal and well-child care. But we're also here to help connect you to the Kaiser Permanente resources and information you need to care for yourself and your child. Our online Healthy Parenting newsletters bring you timely and trusted information—all right when you need them.

Choose from one of our four newsletters:

- Healthy Beginnings for pregnancy, childbirth, and preparing for your newborn baby
- Healthy Babies for your baby's first year
- Healthy Kids for raising tots to tweens
- Healthy Teens for the 411 on raising teens

Subscribe to these newsletters through your Ob/Gyn's or pediatrician's home page at kp.org/mydoctor.

YOUNG ADULTS ONLINE

Connect to healthy living tools and resources designed just for students and young adults with kp.org/youngadulthealth. Life is all about learning, and we're here to help with your health education.

PORTABLE ELECTRONIC MEDICAL RECORD

When you're on the go, it's good to have your health information with you. With a Portable Electronic Medical Record (PEMR) flash drive, any physician can review a summary of your recent medical records. The device is \$5 and updates are free. Contact your doctor's office to get your PEMR flash drive.

COLD AND FLU ONLINE TOOL

During the fall season, many people have questions about colds and seasonal flu. This online tool provides helpful tips, tools and information to help get you through the season in good health:

mydoctor.kaiserpermanente.org/ncal/coldandflu/

well within reach

Visit your local Health Education Center and discover a variety of tools to help you feel inspired, stay informed, and be healthier. Pick up medical information, get answers to your health questions from knowledgeable staff members, watch a video, or sign up for classes and programs. Some Health Education Centers also loan or sell health products and educational materials.

For more information, visit kp.org/classes or call your local Health Education Center at the number listed here.

HEALTH EDUCATION CENTERS

Alameda	(510) 752-9215
Antioch	(925) 813-3560
Antioch–Delta Fair	(925) 779-5147
Campbell	(408) 871-6463
Clovis	(559) 324-5030
Dale Road	(209) 557-1601
Daly City	(650) 301-4445
Davis	(530) 757-4282
Elk Grove	(916) 478-5680
Fairfield	(707) 427-4466
Fair Oaks (call Sac.-Pt. West)	(916) 614-4035
Folsom	(916) 817-5278
Fremont	(510) 248-3455
Fresno	(559) 448-4415
Gilroy	(408) 848-4690
Hayward	(510) 784-4531
Livermore	(925) 243-2920
Manteca	(209) 824-5070
Martinez	(925) 372-1198
Milpitas	(408) 945-2732

Modesto	(209) 735-6060
Mountain View	(650) 903-2636
Napa	(707) 258-4490
Novato (call San Rafael)	(415) 444-2173
Oakhurst (call Fresno)	(559) 448-4415
Oakland	(510) 752-6150
Park Shadelands	(925) 906-2190
Petaluma	(707) 765-3485
Pleasanton	(925) 847-5172
Rancho Cordova	(916) 631-2027
Redwood City	(650) 299-2433
Richmond	(510) 307-2210
Roseville	(916) 746-4513
Roseville–Eureka Rd	(916) 784-5775
Sacramento–Point West	(916) 614-4035
San Francisco	(415) 833-3450
San Jose	(408) 972-3340
San Rafael	(415) 444-2173
Santa Clara	(408) 851-3800
Santa Rosa	(707) 571-4167
Santa Rosa–Stein	(707) 566-5277
Selma	(559) 898-6030
South Sacramento	(916) 688-2428
South San Francisco	(650) 742-2439
Stockton	(209) 476-3299
Tracy	(209) 839-6130
Union City	(510) 784-4531
Vacaville	(707) 453-5155
Vallejo	(707) 651-2692
Walnut Creek	(925) 295-4410



Program fees 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 offered under your plan, or call Member Services at 1-800-464-4000. Member Services can also send you a copy of your Evidence of Coverage if you need a copy.