



HEALTH ENGAGEMENT

healthy living

CLASSES AND RESOURCES
HEALTHY LIVING CATALOG 2022

**COVID-19
VACCINES**

MENTAL HEALTH

**LIFE CARE
PLANNING**

COPD

**HYPERTENSION:
NUMBERS, RISK
FACTORS, PREVENTION**

**WELLNESS, NUTRITION, PAIN
MANAGEMENT, COURSES FOR OLDER
ADULTS AND MORE**

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See page 37.

Dear Members,

At Kaiser Permanente, we are committed to helping you maintain or reach your best health. By providing health education tools that include support groups, online health apps, informative videos, and engaging health education classes both in-person and online, we strive to support you in your health goals.

Whether those goals include preventing illness, managing a condition, or caring for someone who is ill, we are here to walk with you on your health journey. We currently offer tools that cover health topics like, diabetes prevention, weight and stress management, and prenatal care.

Please use this informational guide to learn more about all of our supportive health tools that are available to you.

Your Health Engagement Team



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Overview

Empower yourself with new skills. Remember to sign up for all classes early. To register or to find more information about class dates, times, locations, or fees, call an appointment representative 24 hours a day, 7 days a week, at **(703) 359-7878** (in the Washington, DC metropolitan calling area) or **(800) 777-7904**, TTY **711** (toll-free outside the Washington, DC metropolitan calling area), except where otherwise noted. This information

is also available on our website at kp.org/classes. Please note some classes may be canceled due to low registration.

For more information or questions about Healthy Living Programs, please call the Health Education Department at **(301) 816-6565** or **(800) 444-6696** (toll-free outside the Washington, DC metropolitan calling area).



Due to COVID-19, currently all classes are being offered virtually. Continue to check on kp.org/appointments or call (800) 777-7904 for updates.



TO REGISTER FOR ONLINE CLASSES

1. Sign on to your kp.org account.
2. Click on "Appointments" on the top header.
3. Click on the "schedule Appointment" button in the middle of the page.
4. Select the "Health Education Classes & Programs" button located at the bottom of the page.
5. Select a class from the list provided; then click "Continue."
6. A list of available class dates will appear.
7. Under the dates listed, click on your preferred time.
8. Enter in your reason for the visit and phone number where indicated.
9. Review your appointment and click the "Schedule" button.




healthy eating and exercise made easy

Are you tired of trading in good tasting food for healthy food? Check out our Food for Health blog to get delicious, wholesome recipes that your entire family will enjoy.

Food for Health is a place for Kaiser Permanente caregivers to post recipes and talk about important nutrition and health issues. We hope these recipes inspire you.

Visit the blog at about.kaiserpermanente.org/total-health/food-for-health

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Food for health

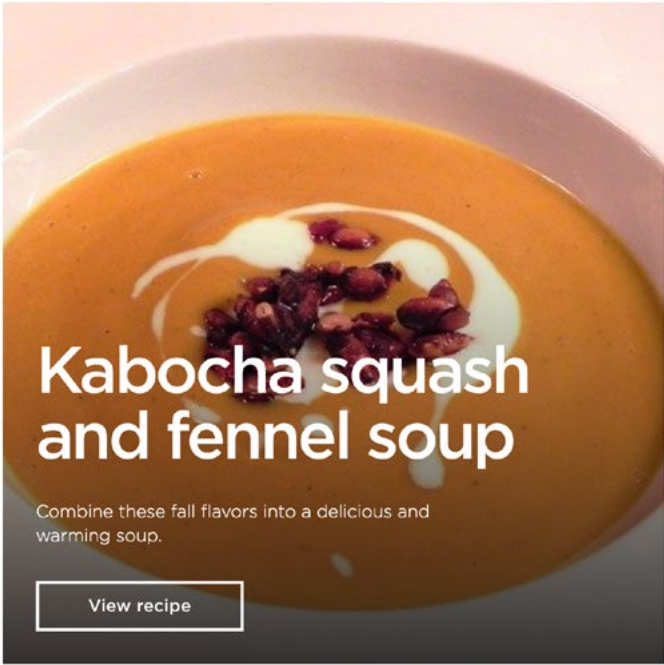
Eating healthy can be easy and delicious.

Sugar: The not-so-sweet truth



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Kabocha squash and fennel soup

Combine these fall flavors into a delicious and warming soup.

View recipe

RECENT RECIPES

Green beans and tomatoes

Stuffed bell peppers with sun-dried tomatoes

Rosemary Dijon hot potato salad

[View all recipes](#)

COVID-19 vaccines

What Kaiser Permanente physicians want you to know



With the availability of the COVID-19 vaccine, we each have the ability to protect ourselves and protect one another. Do your part, get vaccinated and help end this pandemic.

HERE ARE SOME THINGS YOU SHOULD KNOW ABOUT THE COVID-19 VACCINE



- All vaccines are safe.
- Vaccines were developed in record time because:
 - » mRNA vaccines were developed from a technology nearly 20 years in the making.
 - » Tremendous resources were dedicated to the project due to the seriousness of the pandemic.
- All COVID-19 vaccines went through extensive testing in clinical trials and followed all proper and standard safety protocols.

SIDE EFFECTS



You may have side effects after each dose of the vaccine. They are mostly mild to moderate and may be an enhanced reaction as your body is building immunity. The most common include:

- Fatigue
- Headache
- Fever
- Muscle aches
- Pain or redness at the injection site

Side effects should only last a few days. If side effects last more than 72 hours, contact your doctor.

COVID-19 VACCINES WORK



Vaccines reduce the risk of you:

- Getting COVID-19
- Getting seriously ill if you get COVID-19
- Getting hospitalized or dying from COVID-19

IT TAKES UP TO 2 WEEKS AFTER THE REQUIRED NUMBER OF DOSES FOR THE VACCINE TO BE FULLY EFFECTIVE



VACCINES FOR CHILDREN



- Providing safe and effective vaccinations to children, especially as they have returned to school, is an important step to help protect them from getting sick from COVID-19.
- Although the risks of any child having severe illness or complications from COVID-19 are low, with COVID-19 circulating in our communities, we are still seeing children who are hospitalized with infection or complications like Multisystem Inflammatory Syndrome in Children (MIS-C).
- Children as young as 5 years old can get vaccinated against COVID-19.
- Data shows that vaccines reduce the risk of symptomatic COVID-19 in children if they do become infected.

This information is subject to change as new information is received daily. Please visit [cdc.gov](https://www.cdc.gov) for any updates to guidelines.

mental health

Mental health plays an important role in total health and well-being at every stage of life. It impacts how a person handles stress, relates to others, and makes healthy choices.



Don't let poor mental health overwhelm you. Learn more about mental health and resources available to support you throughout your journey.

Virtual stress management class

Learn about strategies on how to manage stress and experience a variety of mind-body relaxation exercises.

*Number of Sessions: 1
Length of Session: 1 hour*

Virtual sleep and mental health class

Learn about sleep patterns, the impact of poor sleep on health, and discover steps to better sleep and relaxation.

*Number of Sessions: 1
Length of Session: 1 hour*

Virtual exercise and mental health class

Learn how exercise affects mental health, and how to embrace strategies for creating a sustainable exercise routine.

*Number of Sessions: 1
Length of Session: 1 hour*

Virtual anxiety & depression class

Learn how to develop strategies and goals that can support a person's ability to manage depression and anxiety and help make changes within their circle of control.

*Number of Sessions: 1
Length of Session: 1 hour*

Elements of wellbeing class series

Learn about the areas that play a role in overall well-being including work-life balance, healthy social connections, physical and emotional health.

*Number of Sessions: 3
Length of Session: 1 hour each*

*Classes are offered on a monthly rotating schedule. Participation in all 3 classes is not required.

Register by visiting kp.org/appointments or calling **(800) 777- 7904**, TTY **711**, 24 hours a day, 7 days a week.



are you up to date?

Recommended screenings and important immunization milestones

Getting screened and staying up to date with regular vaccines are easy ways to prevent serious illnesses and stay healthy. In the table on the next page, there are some key milestones listed of recommended screenings or vaccines throughout your lifetime.



AGE	SCREENING/IMMUNIZATION
0-2 years	A group of vaccines, known as Combo 10, should be administered to babies from the ages of 0-2 years . Some of the vaccines include: chickenpox, MMR, and DTaP. Your baby is eligible to receive the flu vaccine at 6 months or older. Visit kp.org/appointments or call the contact center at (703) 359-7878 , to schedule a well-baby visit for your child.
2-9 years	Between the ages of 3-9, children should continue to see their doctor at least once a year, for their annual well-care visits.
9-12 years	Children between the ages of 9-12 should receive 3 important vaccines along with their yearly flu shot: Meningococcal, HPV, Tdap Visit kp.org/appointments or call the contact center at (703) 359-7878 , to schedule a nurse visit for your child.
21 years	At the age of 21 , women should begin screening for cervical cancer . It is recommended to get screened every 3 years between the ages of 21-29 , and every 5 years for women 30-65 , unless otherwise directed by your doctor. Immunocompromised individuals should be screened within the first year of sexual activity. Visit kp.org/appointments or call the contact center at (703) 359-7878 , to schedule a well woman exam with your OB/GYN.
40-50 years	Women: It is recommended for women between the ages of 50-74 , to get screened for breast cancer, every two 2 years by getting a mammogram , unless otherwise directed by your doctor. Women with a higher risk level should start getting screened for breast cancer between the ages of 40 to 49, annually . Call the contact center at (703) 359-7878 , to schedule a mammogram. Men: From ages 40-69, consider talking with your doctor about whether a prostate cancer screening is right for you based on the benefits and harms.
45 years	As of 2021, it is recommended for all adults to begin screening for colorectal cancer at the age of 45 . High risk individuals should start screening earlier, per your doctor's instructions. There are different screening options; consult with your doctor to see which one is best for you. Visit kp.org to email your doctor about getting screened or call (703) 359-7878 , to request a colorectal cancer screening kit.
50+ years	For adults with a history of heavy smoking or even current smokers, a lung cancer screening is recommended for those 50 to 80 years of age. Talk to your doctor about scheduling a lung cancer screening, if needed.

planning in advance

A gift to yourself and your family! Start a conversation today about life care planning. It is important for all adults to plan for life's "what ifs" and to choose someone who could speak for you if you were unable to do so – your health care agent.



Life Care Planning will help you reflect upon your values and beliefs so that you may write down your future health care decisions in an *advance directive*. This type of planning can help prepare your agent to honor your wishes.

Start a conversation with your loved ones today! Visit kp.org/lifecareplan to view videos and print, complete, and sign an advance directive. Already have an advance directive? Upload it to your medical record:

- Scan your document as a single PDF, JPEG, or PNG file. Sign in to kp.org and click on "Medical Record," then "Life Care Planning," to upload your signed document.
- Or bring a copy to the medical record department of your local Kaiser Permanente Medical Center.

Watch Dr. Neeraj Mendiratta talk about the importance of Life Care Planning here: kp.qumuccloud.com/view/lifecareplanning.

Virtual life care planning class

Learn about life care planning, advance directives, healthcare agents, and create a personal plan of action to prepare for the unexpected.

Sign-up at kp.org/appointments

Number of sessions: 1

Length of session: 1 hours

pain management

To ensure our members suffering with chronic pain are safely and effectively treated for pain, we take a comprehensive, patient-centered approach to safely control pain and improve patients' quality of life.

The Comprehensive Chronic Pain Management Program

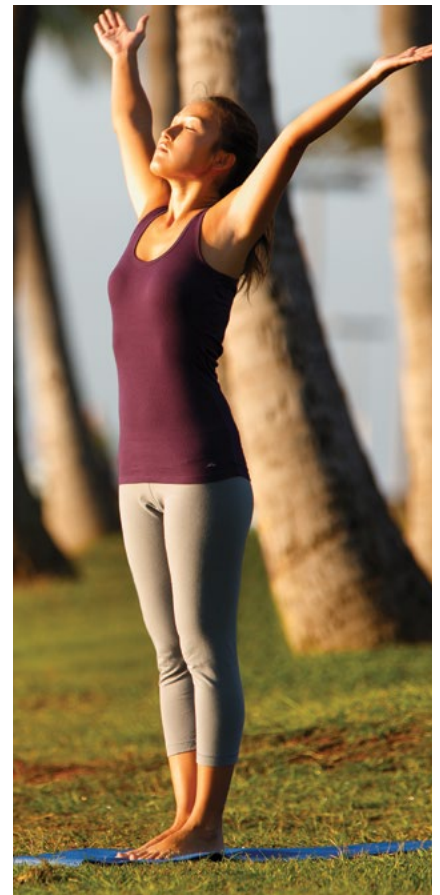
is staffed by an multi-discipline team of healthcare professionals, led by a Permanente doctor to create long-term, personal treatment plans. Our pain specialists do a full medical evaluation. It includes thorough lab testing, diagnostic imaging, and other specialized tests. The goal is to find the biomedical factors that are causing your pain. They also look carefully at modifiable risk factors. These may include consequences of opiate use and substance use disorders that may lead to negative outcomes.

We know that chronic pain is an experience as well as a physical sensation. Our team will assess the areas of life most affected by chronic pain. A "bio-psycho-social" assessment of every patient helps to see how pain

affects the ability to function and engage in the things you value in life. We pay close attention to the mental health and resilience (how well someone returns to their "normal") of those with pain to reduce suffering. We also know the social and financial impacts of pain on life and relationships. By defining how pain impacts these areas, we can provide more effective and direct treatment that improves the lives of patients with chronic pain.

Talk to your doctor to find out more about the chronic pain management program.

Is chronic pain impacting your sleep, mood, physical activity, work, and relationships with family and friends? Visit [k-p.li/3zK35d0](#) for resources and programs to help you regain control of your life.



prevent falls and stay active

Preventing a fall is one of the most important things to help you stay active, independent and thrive. Falls are the leading cause of all injuries for older Americans. However, most falls can be prevented with a few simple steps to reduce your risk¹.



¹ [ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/take-control-of-your-health-6-steps-to-prevent-a-fall](https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/take-control-of-your-health-6-steps-to-prevent-a-fall)

BUILD STRENGTH, BALANCE AND FLEXIBILITY BY STAYING ACTIVE

The goal for physical activity is to get **150 minutes per week** for a healthy body and mind. Exercise has a great number of health benefits, from preventing dementia and depression, to improving balance and reducing urine leakage. When we are active several times during the week, it becomes part of our daily habits and life. Any activity that gets your heart rate up or makes you sweat counts, as exercise. The key is doing at least **10 minutes at a time**.

REVIEW YOUR MEDICINES WITH YOUR HEALTH CARE TEAM

Make sure that your medicines aren't making you dizzy or mixing with each other in a way that could cause problems with balance.

GET YOUR EYES CHECKED AND HEARING TESTED

Sight and sound are important to keeping your balance. Get your eyes checked and hearing tested if you notice problems or changes.

KEEP YOUR HOME SAFE

More than half of all falls happen at home while we are doing everyday activities. Remove throw rugs and other items from walking paths that are trip hazards. Place rubber mats in the shower/tub to prevent slipping. Be sure to have good lighting throughout your home. Place nightlights in bathrooms and bedrooms.

TALK TO YOUR DOCTOR AND FAMILY MEMBERS IF YOU ARE WORRIED ABOUT FALLING OR HAVE FALLEN

Many older adults don't bring up falling with their health care team or family members because they don't want to worry them. Bring it up, so they can help you keep your mobility and independence.

THRIVING AFTER 60


The Thriving After 60 (TA60) community is dedicated to keeping its members mentally and physically healthy—and having a good time in the process. You'll have the opportunity to meet like-minded friends at our interesting events and workshops, which focus on supporting the changing health and wellness needs of those over 60.

Visit kp.org/ta60mas for more information.

Today you can:

- Sign up for kp.org to be better connected to your doctor.
- Coil or tape wires (such as extension cords or lamp or phone cords) to the baseboard to avoid tripping over them.
- Check out the exercises and stretches that follow on the next page for some ideas for getting started.
- If your glasses are more than two years old, make an appointment with our vision department for an exam.

A fall can happen with anyone. You or a loved one has fallen or has difficulty with balance, speak with your primary care doctor about prevention.

 Visit these kp.org links to learn more about fall prevention:

- kp.org/healthylifestyles
 - » choose the program that is right for you
- kp.org/healthyaging
 - » tips on how to live a healthy life as you age
- kp.org/fitness
 - » tools to help you stay active
- kp.org/video
 - » view the online video on how to prevent falls

Use the guide on the following pages to help you reach your activity goals.





Bones

Activities that use resistance help keep your bones strong. Resistance can be your own body weight or household items like orange juice jugs, a bag of dried beans or a can of soup based on how hard you want to work. Exercises for the lower body that keep your legs strong help you stay steady and lower your chances of falling. **Try the chair rise exercise on the next page to keep your legs strong.**



Balance

Keeping up your balance and flexibility as you get older will help you continue to enjoy your daily activities. Good balance will also help you avoid falling and getting injured. Consider activities like tai Chi or yoga to improve your balance. **Try the side leg raise exercise on the next page to stay on your feet.**



Bladder

Worries about urine leakage keep many people from being active. But regular exercise can help reduce leakage and let you keep doing the day-to-day things you enjoy. There are exercises for your pelvic floor muscles (the muscles below the bladder) that can help with bladder control. **Try the Kegel exercise on the next page.**

Remember, exercise is good for every body. If there were a prescription that promised all the benefits of exercise, we would all want it. The good news is you don't need a prescription. Enjoy doing something active today!



Strength exercise

Chair rise exercise

- Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
- Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
- Breathe in. Lean forward and feel your weight on the front of your feet.

- Breathe out. Slowly stand up, using your hands as little as possible.
- Pause for a full breath in and out.
- Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your movement as much as possible.
- Breathe out.
- Repeat 10-15 times.



Balance exercise

Side leg raise

- Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
- Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.

- Hold position for 1 second.
- Breathe in as you slowly lower your leg.
- Repeat 10-15 times.
- Repeat 10-15 times with other leg.
- Repeat 10-15 more times with each leg.

Bladder exercise

Kegels

- **Find the right muscles.**
Imagine that you are trying to stop or slow the flow of urine (pee). Squeeze the muscles you would use. If you sense a "pulling" feeling, you are squeezing the right muscles for pelvic exercises.

- **Don't squeeze other muscles at the same time.**
Be careful not to tighten your stomach, legs, or other muscles. Squeezing the wrong muscles can put more pressure on your bladder control muscles. Just squeeze the pelvic muscle. Don't hold your breath.

- **Repeat, but don't overdo it.** At first, find a quiet spot to practice—your bathroom or bedroom—so you can concentrate. Lie on the floor. Pull in the pelvic muscles and hold for a count of 3. Then relax for a count of 3. Work up to 10 to 15 repeats each time you exercise.

Source: niddk.nih.gov/health-information/urologic-diseases/bladder-control-problems-women/kegel-exercises

Check with your doctor before performing any exercise program.

hypertension: signs, risk factors and prevention

Hypertension, also known as high blood pressure, is a long-term medical condition in which the blood pressure in the arteries is often high.



WHAT SHOULD YOU KNOW ABOUT HIGH BLOOD PRESSURE (BP)?

- Also known as hypertension, it is when the force of blood on your vessel walls is too strong.
- “Silent killer,” often no symptoms.
- More than 7 out of 10 people who have their first stroke or chronic heart failure have high BP.

Hypertension can affect people of all ages. In the U.S., young adults (18–39 year-olds) have the lowest hypertension control rates among hypertensive adults.

ARE YOU AT RISK?

- 1 in 3 U.S. adults have high BP but only half have it controlled.
- More common in men and risk grows with age.
- Higher risk if overweight or obese.
- In African-Americans, high BP starts earlier and is more severe than other races.



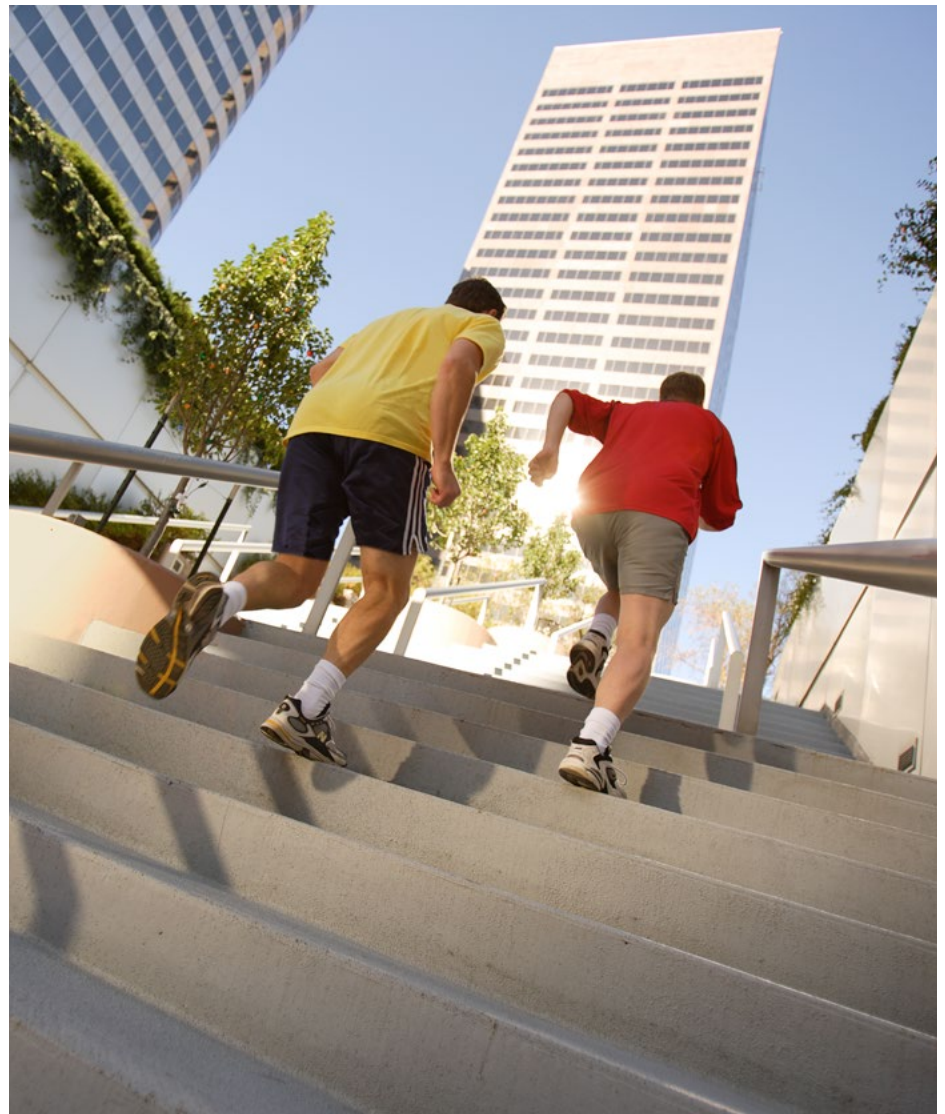
WHAT DO YOUR NUMBERS MEAN?

- BP is measured with two numbers: the top (systolic) is pressure in vessels when your heart beats, and the bottom (diastolic) is pressure when your heart rests between beats.
- Healthy BP is 119/79 or lower.
- If you have HBP and a heart condition, diabetes, or kidney disease, your BP should be 139/89 or lower.
- If you are 60 or older, your BP should be 149/89 or lower.
- If you have high BP, for every 10 points you lower the top number, your risk of heart failure and stroke lowers 25%.

WHAT CAN YOU DO ABOUT YOUR BLOOD PRESSURE?

- Check it regularly: have your BP checked at every doctor visit, no matter which department you are visiting. In general you will need to check your blood pressure at every appointment and more often based on your personal needs.
- Exercise regularly (at least 150 minutes of moderate exercise each week is advised), quit smoking, maintain a healthy weight, and eat less salt and saturated fats.

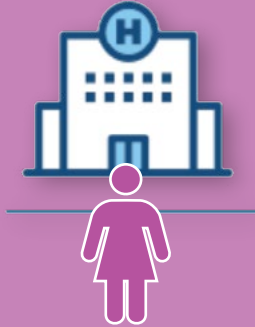
Reference: ncbi.nlm.nih.gov/pmc/articles/PMC4788815



managing your asthma

Asthma is a condition that affects your breathing. It causes the airways that lead to the lungs to swell. During an asthma attack, the airways become inflamed and narrow, and you can feel short of breath, and have coughing and wheezing.





**ASTHMA IS A
LEADING CAUSE
OF EMERGENCY
VISITS**



**NEARLY
5.8 MILLION
DOCTORS OFFICE VISITS
ARE MADE EVERY YEAR FOR
ASTHMA**

Source: cdc.gov/nchs/data/ahcd/namcs_summary/2018-namcs-web-tables-508.pdf



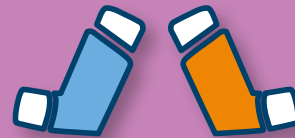
**THE RANGE OF SYMPTOMS
CAN BE MILD OR SEVERE,
AND FOR MANY, AN ASTHMA
ATTACK CAN BE SCARY.**



TRIGGERS

An asthma trigger is anything that makes a person's asthma symptoms worse. Knowing your triggers and avoiding them is the best way to prevent asthma related symptoms or asthma attacks. Triggers can be different for everyone but some common ones are:

- pollen
- dust
- cat or dog dander
- cigarette smoke



MEDICATION MANAGEMENT

- If you are having an asthma attack, it is important to treat it with a quick relief medicine. Examples of quick relief medicine are **Albuterol** or **Ventolin**. These medicines act fast, within 5-15 minutes, to relax the muscles in the airways and allow you to breathe more easily.
- If you are having frequent asthma symptoms or exacerbations, your doctor may recommend another medicine for you, called a controller medicine.
- Controller medicines are taken every day to help prevent asthma related symptoms. Some of the most common asthma controller medications are inhaled steroids – like **Flovent** or **Alvesco**. They work by limiting inflammation and swelling in the airways from happening. Controller medicines work by taking them every day, not just when you have symptoms.



**TALK TO YOUR DOCTOR TO
LEARN MORE ABOUT ASTHMA
OR ASTHMA MEDICINES**

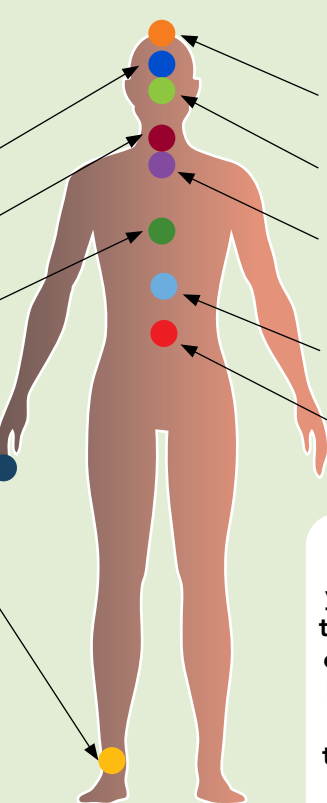
chronic obstructive pulmonary disease (COPD)



FAST FACTS:

1. Over 16 million American adults have chronic obstructive pulmonary disease (COPD).
2. **COPD** is a lung disease caused by damage to the lungs over time, usually from smoking.
3. **Emphysema** is one of two forms of COPD. Damaged air sacs make it hard for your lungs to hold as much air. This makes you short of breath and makes breathing difficult.
4. **Chronic bronchitis** is the other form of COPD. Your bronchial tubes (the airways that carry air to the lungs) get inflamed. They make a lot of mucus, which can narrow or block your airways.
5. A **COPD exacerbation** happens when your symptoms suddenly flare and get a lot worse. It can last for days or weeks and you may need to go to the hospital.
6. COPD exacerbation is usually caused by a viral or bacterial infection. Smoking and exposure to smoke or air pollution can also trigger it.
7. The most common and obvious sign of an exacerbation is **shortness of breath**, where you feel like you can't get enough air.
8. Your doctor can diagnose COPD based on your signs and symptoms, your medical and family histories, and test results.
9. **Pulmonary function tests**, like **spirometry**, can measure how much air you can breathe in and out, how fast you can breathe air out, and how well your lungs deliver oxygen to your blood.
10. COPD can be managed. Taking your medicine is the best way to keep your COPD under control.

SYMPTOMS



- Trouble sleeping
- Worsening cough
- Irregular breathing
- Changes in skin or nail color
- Swollen ankles or legs
- Headaches
- Noisy breathing
- Shortness of breath
- Trouble eating
- Belly pain

MANAGEMENT CHECKLIST

COPD can be managed.

- ☐ Take your medicine.
This could include steroids which reduce swelling in the lungs or bronchodilators which relax the muscles around your airways.
- ☐ Eat healthy
- ☐ Exercise
- ☐ Stay inside on highly polluted days (when possible)
- ☐ Avoid very cold air
- ☐ Make sure no one smokes in your home
- ☐ Avoid irritants, like fireplace smoke
- ☐ Stay up to date with immunizations and vaccines

Call your doctor if you experience any of these symptoms. If you experience chest pain, blue lips or fingers, or are so short of breath that you can't talk, call 911 immediately.

COPD crossword

COPD
EMPHYSEMA
CHRONIC BRONCHITIS
EXACERBATION
PULMONARY FUNCTION
SPIROMETRY
STEROIDS
BRONCHODILATORS

DOWN

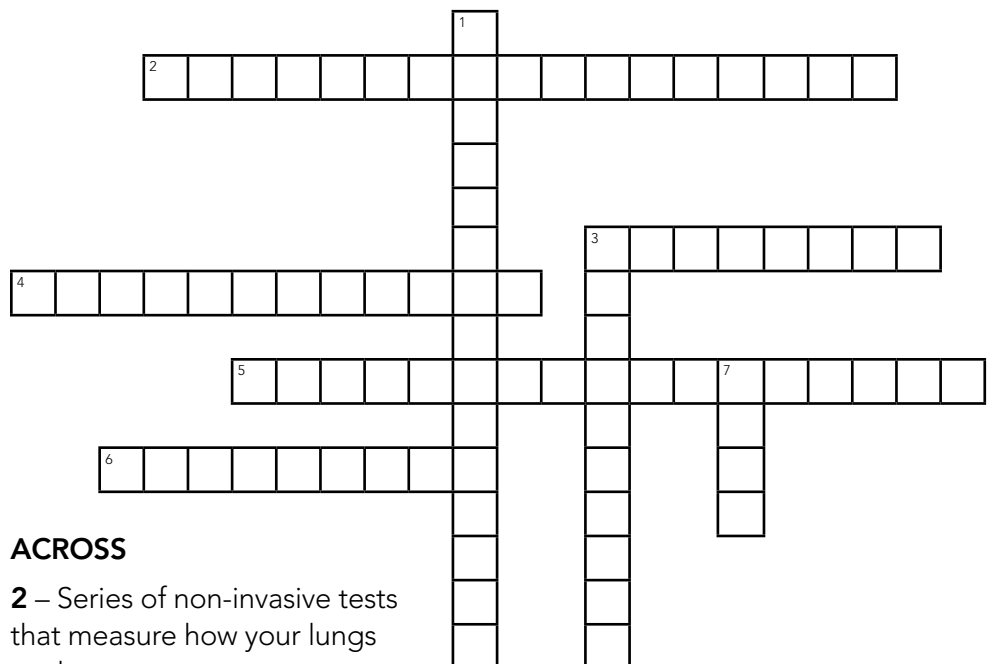
- 1** – Medicine that relaxes the muscles around your airways to make breathing easier
- 3** – The main and non-invasive pulmonary function test that can be done right in your doctor's office
- 7** – acronym for chronic obstructive pulmonary disease

ACROSS

- 2** – Series of non-invasive tests that measure how your lungs work
- 3** – Medicine that can help reduce swelling in the lungs
- 4** – Happens when your symptoms suddenly flare and get a lot worse
- 5** – A form of COPD that causes

cough with mucus

6 – a form of COPD that causes shortness of breath



living with type 2 diabetes

Diabetes care and management may be different for each person. However, two important behaviors for diabetes control are managing your blood sugar and diabetes medicine.



When you have diabetes, your body is not able to control the amount of sugar in your blood. This means your body is either not using insulin well or not making enough insulin. This causes the amount of sugar in your blood to rise. If your blood sugar is too low or too high, you risk having serious health problems. Your body may respond with certain symptoms such as shaky hands or feeling irritable.

Blood sugar levels are measured using a glucometer and should be taken many times during the day. The American Diabetes Association recommends checking blood sugar levels before meals, after meals and at bedtime, at a minimum. Talk to your doctor about your personal blood sugar targets and testing needs. Healthy ranges at those times are:

Testing times	Blood sugar level
Before meals glucose	80-130 mg/dL
After meals glucose	Below 130 mg/dL
At bedtime	100-150 mg/dL

Keeping blood sugar levels in control is a very common focus for people with diabetes. Some people can watch their condition by being more active and eating better but many will still need medicines to help take care of their health. Medicines that people can take are diabetes pills or medicines that are given by a shot such as insulin. Your doctor will let you know when and how often these medicines are needed.

Managing your diabetes medicines

Diabetes medicine should be taken as prescribed by your doctor. Skipping doses can lead to health issues. These health issues may not show up after only a few missed doses – you may even feel better because some symptoms from diabetes have disappeared. But overtime, skipping doses can lead to heart issues, blindness, kidney disease, nerve damage, and very high blood sugar. These serious health issues may not always be reversed.

Your medicines will come with details on when or how to take them. You should plan your medicine schedule in a way that works with your daily routine. Some tips you can use to take your medicine on schedule are:

- **Use a pill box** marked with the days of the week. If your doses differ from day to night, you can think about using two pill boxes - one for each time of day.

- **Keep a list.** Know the names of all your medicines. Ask your doctor or pharmacist to explain the purpose of each of your medicines. Knowing what you are taking and how it helps, can make it easier to follow your schedule.
- **Make taking meds part of your daily routine.** Pick an activity that you do each day and use it as your reminder to take your medicine. Try taking your medicine right after breakfast or after brushing your teeth in the morning.
- **Set an alarm.** Use your phone, watch, or alarm clock to remind you to take your meds. You can also get a medical alert device if you need more help to not forget.
- **Set reminders for yourself.** Use a checklist, a calendar, or sticky notes with your meds listed to remind you to take them. Place a sticky note on an easy to see place such as the refrigerator or on your bathroom mirror.



When you develop a good routine for taking your blood sugar and medicine, you will feel more in control of your diabetes. Other tips on how to care for your diabetes are to:

- Make **EXERCISE** a part of your regular routine. Aim for 150 minutes a week of activity to include cardio and strength training.
- Make healthy **NUTRITION** choices to include a variety of fruits, non-starchy vegetables, lean protein, whole grains, and healthy fats.
- **WEIGHT LOSS** of just 10% of your weight can make big improvements in your health and how you feel.
- Find a good **CALORIE TRACKING** system so you know what you are eating and how much.
- Take time to do **MEAL PLANNING** so you avoid unhealthy eating option.
- Practice **GOAL SETTING** in small steps with set time frames.
- Lean on **SUPPORT** from family, friends, or support networks.
- **MANAGE STRESS** through knowing your stress triggers and planning around them.
- Use your **GLUCOMETER** to test your blood sugar (**GLUCOSE**) levels often.

Manage your diabetes with healthy eating

Healthy eating is an easy way to control your diabetes. The main thing to keep in mind is to set a routine by eating three meals a day. If your meals are more than 4 to 5 hours apart, also make sure to add healthy snacks to what you eat. Your goal is to try to eat your meals and snacks around the same time each day.

Diabetes self-care word search

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

1. **EXERCISE** – Stay physically active.
2. **NUTRITION** – Read Nutrition Labels and get variety. If you drink, stop or limit alcohol.
3. **WEIGHTLOSS** – Lose weight or keep a healthy weight.
4. **CALORIE TRACKING** – Use digital apps to track your calories and nutrients.
5. **MEAL PLANNING** – Plan your meals and make a sick day plan.
6. **GOAL SETTING** – Set goals within reach.
7. **SUPPORT** – Use your support network.
8. **MANAGE STRESS** – Try to limit your stress.
9. **GLUCOMETER** – Test your levels often.
10. **GLUCOSE** – Monitor blood sugar levels.

T	M	H	A	I	R	Y	R	X	V	N	M	V	W	F	I	W	V
P	B	E	Y	E	X	E	R	C	I	S	E	S	G	V	R	C	P
G	G	F	A	O	S	W	O	U	C	S	O	Z	D	C	I	A	A
O	B	C	W	L	D	P	M	Z	P	Z	B	L	I	U	F	L	W
A	M	V	P	H	P	A	K	Q	A	U	J	W	W	U	P	O	K
L	P	C	V	I	F	L	D	B	Q	R	W	K	J	O	S	R	D
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C	D	N	V	G	V	V	D	L	U	Q	E	D	F	R	M	N	M
W	E	I	G	H	T	L	O	S	S	I	G	R	L	T	A	G	Y
U	E	S	W	X	R	L	N	C	R	X	E	X	G	S	M	K	K
M	A	N	A	G	E	S	T	R	E	S	S	S	S	M	R	L	M

Diabetes: Fact or Myth?

There are many common myths about diabetes. Take the quiz to test your knowledge.

1. Almost 90% of adults living with prediabetes don't know they have it.

☐ **FACT**

☐ **MYTH**

2. People with diabetes need to eat special food.

☐ **FACT**

☐ **MYTH**

3. Even if I have diabetes, I can eat starchy foods, such as bread, rice, and pasta.

☐ **FACT**

☐ **MYTH**

4. If you your doctor says you need to start using insulin for your type 2 diabetes, you're failing to take care of your diabetes.

☐ **FACT**

☐ **MYTH**

5. I have diabetes, so I can never eat sweets.

☐ **FACT**

☐ **MYTH**

ANSWERS

1. FACT - Many people don't know they have prediabetes or diabetes. The CDC estimates over one third of the people in the US to be prediabetic and about 10 percent of people are diabetic. Talk to your doctor to know your risk for diabetes.

2. MYTH - No, you don't need special food. A healthy diet for people with diabetes is mostly the same as healthy eating for a person without the disease. There are many diets that can help you control your diabetes. Most often, healthy eating for people with diabetes has a lot of whole grains and non-starchy vegetables. It also limits added sugars, and often includes more whole foods over processed foods.

3. FACT - Starchy foods can be part of a healthy diet, but the amount you eat is key. These foods tend to have more carbohydrates (carbs) and eating them will raise the amount of sugar in your blood. When eaten, carbohydrates turn into sugar which fuels your body. Due to this, the type and amount of carbohydrate you eat changes the level of sugar in your blood.

4. MYTH - Using insulin to get blood sugar levels to a healthy level is not a bad thing. Early on, many people with type 2 diabetes can keep their blood sugar at a healthy level by eating well, staying active, and taking diabetes pills. As it progresses, the body starts to make less of its own insulin. Due to this, the pills may not work as well to keep blood sugar levels in a healthy range.


5. MYTH - Sweets are full of sugars, which can spike the amount of sugar in your blood more than other foods. But the good news is that they are not off limits for people with diabetes. If you plan for them, you can have small servings from time to time. Your doctor may tell you to change your insulin doses when you do eat sweets.

resources for chronic conditions

ASTHMA MANAGEMENT

Asthma Emmi®

View Emmi® programs on asthma action plans, how to use a peak flow meter, exercising with asthma, and more.

 To access the Emmi® programs listed above, ask your health care team to provide you with an asthma online education video that is right for you, or visit kp.org/doctor, and look under your doctor's homepage resources section. Go to Quick Links and choose Emmi videos. Find programs that meet your needs.

CHRONIC KIDNEY DISEASE

Virtual chronic kidney disease healthy living class

Learn how the kidneys work; how to slow down the disease; and ask questions about medicines, food, and lifestyle changes that can help you live well.

Sign-up at kp.org/appointments

Number of sessions: 1
Length of session: 2 hours



**TALK TO YOUR
NEPHROLOGIST TO SEE
IF THIS CLASS
IS RIGHT FOR YOU.**

Virtual choices with chronic kidney disease (modalities) class

Learn about treatment choices when kidneys fail and how to prepare for your treatment choice. Talk to your health care team to find out more about signing up for the class.

Number of sessions: 1
Length of sessions: 2 hours

Choose healthy

As a Kaiser Permanente member, you have access to a variety of programs to help you stay healthy. Provided by American Specialty Health (ASH), you can get discounts and preferred rates on:

- Chiropractic, acupuncture, and massage therapy
- Fitness club memberships
- Health tools and health products

If you have any questions about the services provided by American Specialty Health, call their toll-free customer service line, Monday through Friday, 11 a.m. to midnight, at (877) **335-2746** or go to choosehealthy.com/kp.



DIABETES MANAGEMENT

Virtual InSTEP with diabetes class

Strive to be healthy and feel great living with diabetes. Learn skills for healthy living including nutrition/food choices, physical activity, testing your blood sugar, emotional support and recommended care. All members with diabetes should attend the class.

Number of Sessions: 1

Length of session: 1.5 hours

Virtual diabetes nutrition

Are you interested in taking charge of your diabetes? Join our Diabetes Nutrition class to learn more about the basics of controlling your diabetes with healthy eating. Learn about the importance of counting carbohydrates, portion control, physical activity, and maintaining a healthy weight.

Number of Sessions: 1

Length of Session: 1.5 hours

Diabetes Emmi®

View Emmi® programs on checking your blood sugar, understanding your A1c results, diabetes and your blood pressure, and more.



To access the Emmi® programs listed above, ask your health care team to provide you with online education videos that are right for you, or visit kp.org/doctor, and look under your doctor's homepage resources section. Go to Quick Links and choose Emmi videos. Find programs that meet your needs.

Virtual living well with pre-diabetes class

Are you interested in learning about Pre-diabetes or has your doctor said you may be at risk? Join our Living Well with Pre-diabetes class where you can learn ways to help prevent diabetes through lifestyle changes and blood sugar control. The class will talk about what pre-diabetes is, what puts you at risk, self-care behaviors such as healthy

eating, weight loss, and physical activity, and how to create an action plan for change.

Number of Sessions: 1

Length of Session: 1.5 hours



To register for these classes visit kp.org/appointments or call (703) 359-7878 or (800) 777-7904, TTY: (855) 632-8278, 24 hours a day, 7 days a week.

HEART FAILURE MANAGEMENT

Heart failure Emmi®

View Emmi® programs on heart failure, cardiac pacemaker, taking certain medicines, hypertension, and more.



To access the Emmi® programs listed above, ask your health care team to provide you with online education videos that are right for you, or visit kp.org/doctor, and look under your doctor's homepage resources section. Go to Quick Links and choose Emmi videos. Find programs that meet your needs.



nutrition

Do you need nutrition advice about a specific health concern? A nutritionist can help you change your current diet, so you can better manage your medical condition. You can also attend one of the classes online. These services are open to Kaiser Permanente members only.

☎ To register for an appointment or classes below, visit kp.org/appointments or call an appointment representative, 24 hours a day, 7 days a week, at **(703) 359-7878** or **(800) 777-7904**, TTY **711**.



Virtual weight control class

Learn to achieve a reasonable body weight through sensible eating and regular activity.

Number of Sessions: 1

Length of Session: 1.5 hours

Virtual cholesterol control class

Learn to control your cholesterol through healthy food choices.

Number of Sessions: 1

Length of Session: 1.5 hours



To register for the online class, visit kp.org/appointments. Or call (703) 359-7878 or (800) 777-7904, TTY 711, 24 hours a day, 7 days a week.

Interested in bariatric surgery?

Please ask your primary care physician for a General Surgery Referral so that you can meet with one of our Kaiser bariatric surgeons to discuss your options.

Virtual Back on Track Class

The Virtual Bariatric Back on Track class is designed for patients who have a history of bariatric surgery who have experienced weight regain or were unable to lose the expected amount of weight following bariatric surgery. Learn the behaviors necessary for success following bariatric surgery and how to set S.M.A.R.T goals to help you to achieve your weight loss goals. Ask your Kaiser bariatric surgery nutritionist for more information.



Kaiser virtual post-op weight loss surgery support groups

You can benefit from this virtual support group whether you had bariatric surgery last week or twenty years ago. Join Kaiser members from the comfort of your own home. Come and share your experience, including your successes and struggles. Ask questions and get support and advice from others who have experienced the same challenges. Ask your bariatric surgery team for information on how to attend this monthly group.

Holy Cross Hospital low impact gentle workout fusion

A consistent exercise routine is critical to life-long success following bariatric surgery. It also may help to lower blood pressure, reduce risk of diabetes, increase "good" HDL cholesterol, improve heart and lung health, relieve stress and tension, and stimulate weight loss through calories burned. Those are just a few of the countless benefits of a consistent exercise routine.

This low impact exercise class is offered on Mondays at 6 pm. It is an hour-long class that incorporates strength, cardio, and stretch exercises in a specifically designed format to benefit those looking for a gentle, low-impact workout. Please note this was previously a free class for bariatric surgery candidates that has now opened to the general community at a cost due to popular request.

Visit: holycrosshealth.org/health-and-wellness/classes-and-support-groups/Low-Impact-Gentle-Workout-Fusion#

Bariatric supplements available at the major Kaiser Pharmacies

Bariatric Advantage and Opurity bariatric multivitamins and Unjury protein powders that are specifically designed supplements to meet the nutrition needs of our members who have a history of bariatric surgery are now available for sale at Kaiser Capitol Hill, Gaithersburg, Largo, Springfield, Tysons Corner, and South Baltimore pharmacies. For more information on the two vendors, please refer to their websites.

Visit: unjury.com, or bariatricadvantage.com.

Tips for eating healthy: ethnic cuisines

ASIAN

- Ask for foods to be steamed instead of fried.
- Choose entrees with chicken, seafood or tofu, and many vegetables.
- Ask for food to be prepared with little or no added fat, such as butter or sauces.



MIDDLE EASTERN

- Try stuffed grape leaves, or tomato & cucumber salad.
- Request tabbouleh, pilaf, or couscous.
- Try gyro, souvlaki, or shish kabob over moussaka or spanakopita pies.



THAI

- Try satay, broth-based soups like tom yum or salads instead of fried appetizers.
- Avoid coconut-based curry dishes.



ITALIAN

- Start with a green salad or minestrone soup over antipasto.
- Choose chicken, fish or meat in a tomato or wine-based sauce.
- Try thin-crust pizza with lots of vegetables.
- Avoid dishes with alfredo, carbonara, cream or pesto sauces.



INDIAN

- Focus on fiber-filled side dishes with beans, peas, lentils, and non-starchy vegetables.
- Avoid fried appetizers or breads.
- Choose tandoori chicken or fish.
- Avoid coconut-based curry dishes.



HISPANIC

- Start with gazpacho, black bean, or ceviche soup and skip the chips.
- Select salsa over guacamole or sour cream.
- Ask for black beans instead of refried beans.
- Choose fajitas, burritos, enchiladas, or soft tacos.



prenatal education

Congratulations! You're having a baby. Kaiser Permanente is here to support you through your journey to parenthood and beyond. Don't forget to register for your prenatal classes early! Prenatal care is best when started early and continued regularly throughout your pregnancy. A prenatal vitamin should be added to your daily routine, to make sure you get enough nutrients each day. If you have any concerns please feel free to talk about them with your nurse or OB doctor.



Prenatal 1: Early pregnancy

Kaiser Permanente knows that prenatal care is best when started early and continued throughout pregnancy. To better support you during your pregnancy journey, we provide continuous education and resources. Your prenatal education starts with a Sonogram visit and education, followed by a nurse visit and education, and a series of Healthy Beginning newsletters provided over the course of your pregnancy. These resources are available in both English and Spanish. Our goal is for members to learn and feel more confident throughout their pregnancy.

Virtual Prenatal 2: Late pregnancy, labor, and delivery

Attend this virtual program during your seventh or eighth month of pregnancy. This program will focus on changes your body is going through and how to minimize discomforts of late pregnancy. You'll discuss an informative birth video and also learn how to tell when you're in labor, what to take to the hospital, and much more!

Number of Sessions: 1
Length of session: 2 hours

Virtual Prenatal 3: Preparing for your newborn

Attend this virtual program during your last months of pregnancy. Learn or refresh your knowledge of skills to care for your newborn baby, such as bathing, feeding, and soothing. You'll discuss an informative baby care video and also learn more about Kaiser

Permanente's pediatric services. If this is your first baby with Kaiser Permanente, we strongly suggest that you consider attending.

Number of Sessions: 1
Length of session: 2 hours

Prenatal testing options class

Available for pregnant women who will be 35 years or older at the time of delivery. You will learn about the various options related to screening and diagnostic testing for abnormal chromosomes. The class is web-based. You may log on from your personal computer or smartphone. Classes are available 1 to 2 times every week. You need a referral to attend this class. Please talk to your OB doctor to see if this class is right for you.

Childbirth preparation and childbirth refresher education

Kaiser Permanente members interested in taking Lamaze programs, to include childbirth and vaginal birth after cesarean (VBAC) classes, contact Lamaze directly to enroll in programs held in community locations by calling (202) 367-1128 or visiting lamaze-dc.org.

Want to know more about pregnancy and prenatal or newborn care?

 Start by visiting kp.org/maternity to:

- learn more about prenatal screening tests,
- listen to our guided imagery podcasts on pregnancy and childbirth,
- watch our newborn care video, and
- track your baby's development month-to-month.

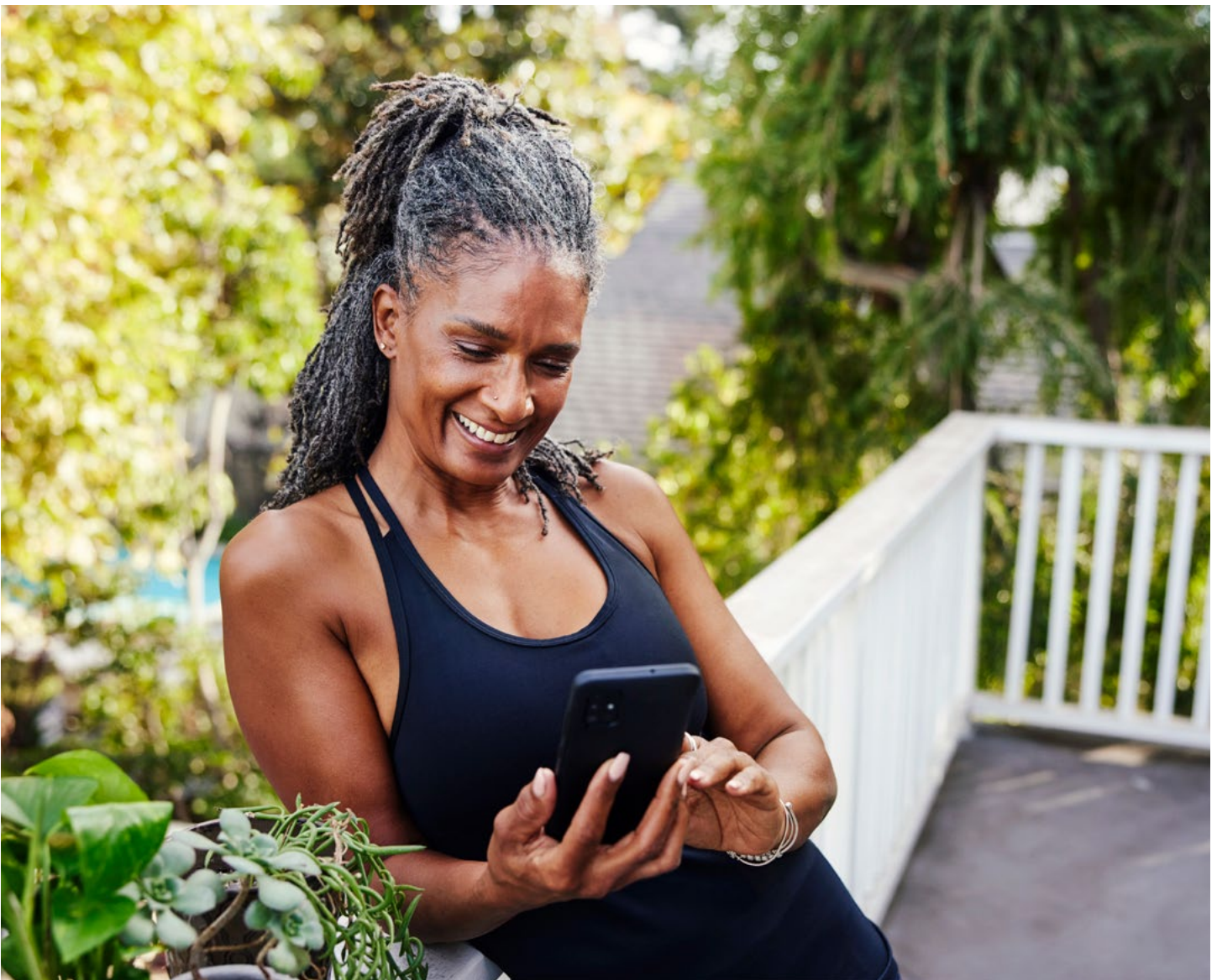
You can also visit kp.org/breastfeeding to begin learning about the benefits of breastfeeding, how-to tips, and hints for working moms.

Sign-up for prenatal classes by calling an appointment representative, 24 hours, 7 days a week, at (703) 359-7878 or (800) 777-7904, TTY 711, or visit kp.org/appointments.



wellness resources

Your health care team wants you to know about tools that can help you prevent illness. Why not start today?





Wellness coaching

- 20-minute telephone counseling sessions (at no-added cost)
- Topics include healthy eating, physical activity, weight management, tobacco cessation, and stress management

Register by visiting kp.org/appointments or calling **(800) 777- 7904**, TTY **711**, 24 hours/7 days a week

Available in Spanish

Not recommended for those who are pregnant



Emmi® programs

- Online programs that walk you through important information on preparing for a procedure, managing conditions, or making healthy decisions
- 150+ programs and some are available in Spanish

Ask your health care team to send you the link or visit kp.org/doctor, and look under your doctor's homepage resources section. Go to Quick Links and choose Emmi videos. Find programs that meet your needs.



Healthy lifestyle programs

- Eight online programs, available in both English and Spanish
- Topics such as how to eat healthy, move more, quit smoking, and reduce stress. There are also programs that help you manage health conditions, and insomnia

Kp.org registration required. Visit kp.org/healthylifestyles



Healthy Living classes

- All classes are currently being offered virtually, Learn and share experiences in a group setting
- Topics include nutrition, condition management, prenatal care, physical therapy, and more
- Classes are at no added cost

Visit kp.org/classes



Health education content

- Find healthy living information when you need it
- Visit a Kaiser Permanente Medical Center or search online at kp.org
- You can also visit kp.org/doctor/wellnesscenter

Wellness podcast



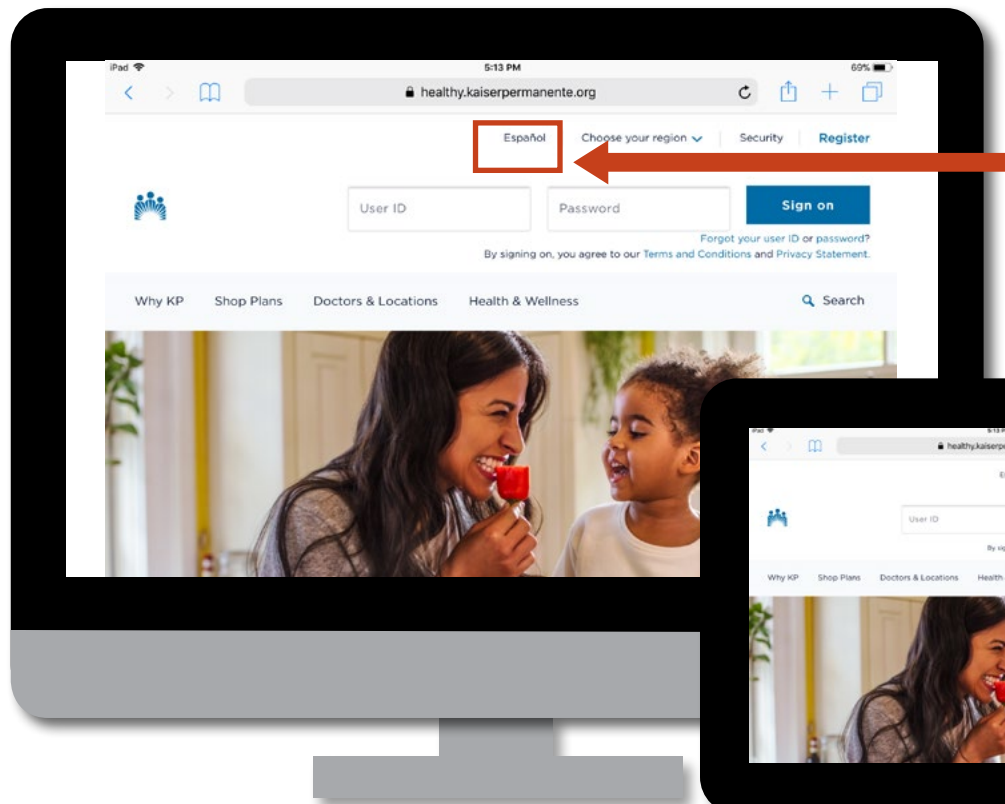
- Check out our wellness podcast series that discusses all aspects of health including mental, physical, emotional social, environmental, and more! Hear our trusted MAPMG physicians and healthcare professionals chat about everyday wellness topics that are not only interesting but highly relevant. Don't miss out on this great resource, tune in for a healthier you!



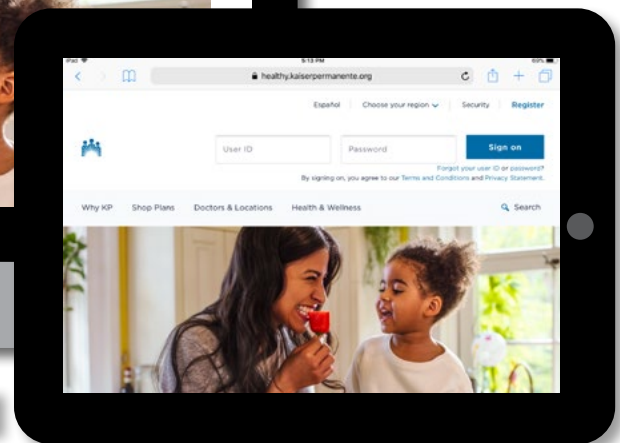
stay linked to your health anywhere - anytime

SKIP THE LINES AND GET CARE WHEN YOU NEED IT.

Use a computer, tablet, or mobile phone - try all three devices.
One password links you to your health information on any device.

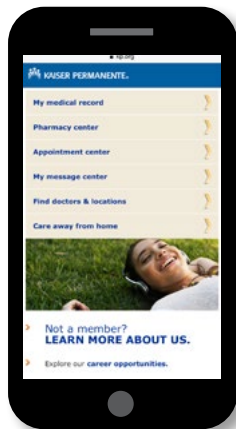


The Spanish language version is available for most of Health and Wellness information.



The Kaiser Permanente website

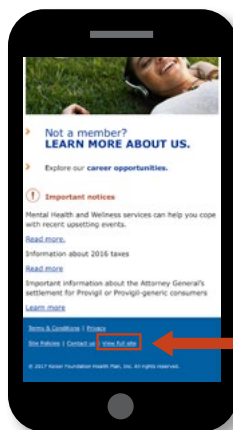
The full website is available on any device and offers the most information and features.



Use your smartphone mobile website!

A user friendly view of the kp.org website that is easy to read on your mobile phone

You can also click "View full site" in the lower right corner of the page on your mobile phone

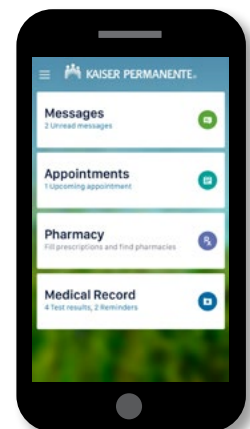


Download the App

Simple to use –Mobile App takes you there fast.

Download the Kaiser Permanente iPhone or Android App at no cost from your preferred App site*.

Click to view
full website



*Certain features of My Health Manager apply only to care you receive at Kaiser Permanente facilities.

Apple is a trademark of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.

Here's a list of just a few things you can do with kp.org

Features	Kp.org on desktop	Kp.org on smartphone	Mobile App
Schedule and manage your video visits	✓	✓	✓
Send secure messages to your doctor and health staff	✓	✓	✓
Sign in with your Face ID			✓
Register for kp.org	✓	✓	✓
Access your or your proxy's Digital Membership Card			✓
Attach pictures to your secured messages	✓	✓	✓
View lab results	✓	✓	✓
Make and manage your appointments	✓	✓	✓
Refill your medicines	✓	✓	✓
Health care reminders	✓	✓	✓
View your child's growth charts	✓		
Personal action plan summary to help you stay healthy	✓	✓	✓
Access your past visit summaries	✓	✓	✓
Access new member tools	✓	✓	
Access health education class schedules (Health and Wellness)	✓	✓	
Manage your cost of medical coverage	✓	✓	✓

Explore the kp.org full website to find more features to help you and your family stay healthy.

New medication reminders feature!

The Kaiser Permanente app now includes an option to create reminder alerts that notify you when it's time to take your medication.



You will be able to:

- Understand your medication name and dosage
- Understand your prescription information and history
- Add your own instructions and notes
- Easily turn your reminders on & off
- Schedule multiple reminder times
- Manage notifications

Scan the QR code to install the Kaiser Permanente app or download on the App Store or Google Play.



a closer look at our wellness resources

Evaluate your health with the Total Health Assessment

Our online total health assessment tool helps you examine the many factors affecting your health and prioritize lifestyle changes that can help you live healthier.

Visit kp.org/tha to use this tool.



Wellness coaching

Make a change for better health. Make a wellness coaching appointment today.

We all strive to improve our health—to be more energetic, more focused, and more productive. But whether you're trying to manage your weight, quit tobacco, or reduce stress, getting started and staying motivated can be a challenge. Now you can get the extra support you need to make healthy changes and stick with them—just by making a phone call.

Partner with a coach today to:

- **Focus on healthy habits.** Make healthy behavior changes to help you manage your weight, quit tobacco, reduce stress, get more active, or make healthier food choices.
- **Create a customized plan.** Work with your coach to outline manageable steps you can take to reach your goals. Little changes over time can help you achieve long-term success. For example, if you want to quit tobacco use, your wellness coach can help you learn more about quit-smoking medicines and strategies that work and help you design a plan that works for you.
- **Schedule convenient telephone sessions.** Coaching takes place over the phone, so you can set up calls at times that work for you.

Wellness coaching is available at no additional charge to Kaiser Permanente members. No referral is needed.

To make an appointment:

- Visit kp.org/appointments
- Call the Contact Center at **(800) 777-7904**, TTY **711**, 24 hours/7 days a week, or ask a member of your healthcare team to schedule an appointment.

Hours of operation:
Monday through Friday,
8:30 a.m. to 7:30 p.m.
Saturday, 11 a.m. - 2 p.m.
Sunday, 10 a.m. - 1 p.m.

You make your action plan

Empower yourself with new health skills and an action plan based on your health goals.

Use the newly designed Healthy Lifestyles Programs – free, online self-paced resources.

There are eight programs to guide you in reaching your health and wellness goals. Here are a few:

- **Reducing Stress** – This program will help you discover what causes your stress and find ways to help manage it.
- **Eating Well** – This program will help you get motivated, gain confidence, and overcome the challenge of knowing what foods to eat for better health.

How to use the Healthy Lifestyles Programs

As a Kaiser Permanente member, log into your kp.org account. This way you can keep track of your action plan. If you're not registered, visit kp.org/register.



Choose the Healthy Lifestyles Program that meets your needs. Visit kp.org/healthylifestyles.



For additional information or questions about the Healthy Lifestyles programs, please call the Health Education Department at **(301) 816-6565** or **(800) 444-6696** (toll-free outside the Washington, DC metropolitan calling area).

Follow Kaiser Permanente on Facebook, Twitter, and Pinterest to receive health tips, updates, and news.



facebook.com/kpthrive
twitter.com/KPMidAtlantic
pinterest.com/KPMidAtlantic

For member service information and updates, follow [@KPMemberServices](https://twitter.com/KPMemberServices) on Twitter.

Emmi® programs

Interactive, online patient engagement

Emmi® programs are a series of web-based, programs that educate participants and encourage them to take an active role in their care.

Emmi® programs add to information you may receive during your office visit or hospital stays. Emmi® program topics include:

- heart health,
- diabetes,
- asthma,
- orthopedics,
- pediatrics,
- and much more.

kp.org/cancer: your online source for cancer information

Receiving a cancer diagnosis can be scary. Being informed and involved in your care can help you feel in control. Kaiser Permanente's online cancer resource – kp.org/cancer – is a “one-stop shop” for reliable, expert cancer information. Based on feedback from our cancer patients and oncologists, the site has been updated and expanded. The site now offers great resources for those going through a cancer diagnosis.

You will find information about many types of cancer, clinical trials, and support to help you manage your health. You can also learn about tips to help you cope with cancer—and enhance your quality of life, including:

- easy-to-understand information about cancer
- conventional and complementary cancer care
- recurring and advanced cancers
- eating well during treatment
- coping with side effects
- support groups and online communities, including whatnext.com.

Connect with your doctors online

Kaiser Permanente adult primary care doctors, pediatricians, obstetricians/gynecologists, and specialists, are online with their own web pages.

The web pages are a great way to learn more about Kaiser Permanente doctors and select a doctor who is right for you. At kp.org/doctor, you'll see doctors':

- photos;
- education, training, and board certification;
- other credentials;
- special medical interests;
- link and articles for their patients, and;
- for some, hobbies and personal interests.

Get to know Kaiser Permanente doctors online, anytime, at kp.org/doctor



Additional resources

CPR and first aid classes

The American Red Cross and American Heart Association offer infant, child, and adult CPR and first aid classes. For the American Red Cross schedules, fees, and registration, call **(800) 733-2767**. For the American Heart Association, call **(877) AHA-4CPR (242-4277)**.

Mental Health First Aid

Mental Health First Aid is a 12-hour training course designed to give members of the public skills to help someone who has problems with mental health or experiencing a mental health crisis. Training helps build mental health literacy, helps the public identify, understand, and respond to signs of mental illness until professional help is available. For training schedules, fees, and registrations, you may visit **[mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)** or call **(888) 244-8980**.



volunteer for research

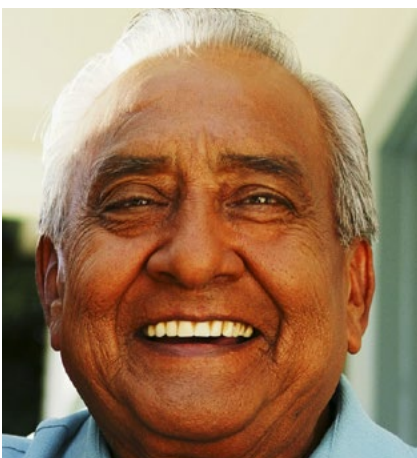
Join the Kaiser Permanente Research Bank

Kaiser Permanente Mid-Atlantic States believes in improving the health of our members and communities through health research. By studying illnesses and diseases, we hope to find better treatment and even cures.



You can help change the future of health

The Kaiser Permanente Research Bank is a collection of health information and blood samples shared by volunteers like you. This information helps doctors and researchers learn about disease, make discoveries, find treatments, and help people live healthier lives.



Facts

- Your health information is kept secure. Your name and personal information are removed for privacy.
- There is no additional cost to join. Your insurance is not affected.
- Kaiser Permanente Research Bank is not a clinical trial and will not provide medical care.
- For everyone to benefit from research discoveries, researchers need to study information from all populations. This can include different races, diseases, and ages.

Who can join?

- Any Kaiser Permanente member age 18 and older.
- The program especially needs volunteers who are African American, Latino, or younger than age 60.
- You can participate with or without health problems.

The more people who sign up, the greater the chances of making discoveries that will improve health for all.



Visit our website to join
kp.org/researchbank/mas

1. Read and sign a consent form online.
2. Fill out a health survey.
3. Share a small blood sample.

Watch video testimonials from members who joined. Learn more about research findings.

Questions? Give us a call!



(844) 268-2947

Our team can answer your questions Monday – Friday 11am-9pm Eastern. Se habla español: **(844) 268-2947**
kp.org/researchbank/es

















member education videos















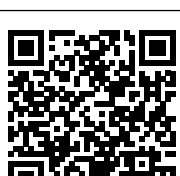
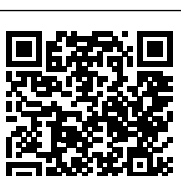
Learn about several health topics from our Permanente Medicine physicians by watching the videos below.


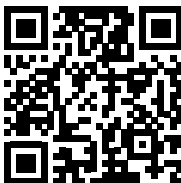






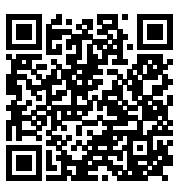








Follow these 3 easy steps:

- 1.** Scan the QR code using the camera app on your phone.
- 2.** Click on the link that pops up after scanning the code.
- 3.** Press play and enjoy the video.



TOPIC	ENGLISH		SPANISH	
Asthma	Managing Your Asthma Symptoms		Cómo controlar los síntomas del asma	
Bladder Control	Managing Your Bladder Control		Como controlar su vejiga	
Cancer Screenings	Colorectal Cancer: Prevention and Screening			
Chronic Kidney Disease	Lets Talk About Chronic Kidney Disease		Hablemos de la enfermedad renal crónica	
Diabetes	Diabetes 101		Conceptos básicos de la diabetes 101	
	Healthy Eating Tips for Diabetics		Consejos para una alimentación saludable para personas con diabetes	
	Learning to Thrive with Diabetes			
	Living a Healthy Life with Diabetes		Cómo vivir una vida saludable con diabetes	
	Managing your Diabetes through our Care Management Program		Cómo controlar su diabetes con el programa de administración de cuidados	

TOPIC	ENGLISH		SPANISH	
Fall Prevention	Fall Prevention		Prevención de caídas	
Healthy Living	Sleeping Habits		Hábitos del sueño	
	Healthy Habits for a Healthier You		Hábitos saludables para una mejor salud	
	Being Physically Active As We Age		Estar físicamente activos a medida que envejecemos	
	Weight Management 101		Aspectos básicos sobre el control del peso	
Immunizations	Getting Your Flu Shot: FAQ's			
	Let's Talk About Flu		Hablemos de la gripe	
	Pneumococcal Vaccine: Long Lasting Benefit		Beneficio a largo plazo de la vacuna antineumocócica	
	Child Immunizations: Combo 10		Vacunas infantiles: combo 10	

TOPIC	ENGLISH		SPANISH	
Immunizations (continued)	The Importance of the HPV Vaccine for your Child		La importancia de la vacuna contra el VPH para su hijo	
	The Importance of the Tdap Vaccine for your Child		La importancia de la vacuna Tdap para su hijo	
Life Care Planning	The Importance of Life Care Planning			
Medications	Cholesterol and the Role of Statin Medicine		El colesterol y la función de las estatinas	
	The Importance of Taking Your Depression Medications		La importancia de tomar sus medicamentos para la depresión	
Mental Health	Importance of Addressing Your Feelings and Behaviors		La importancia de prestar atención a los sentimientos y comportamientos	
	Caring for Emotional and Mental Health		Cuide de su salud emocional y mental	
	The Importance of Taking Your Depression Medications		La importancia de tomar sus medicamentos para la depresión	
Smoking Cessation	The Benefits of Quitting Smoking		Beneficios de dejar de Fumar	



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we want to hear from you



Your input is very important to us. We want to make sure we provide you with information you care about and want to know. Please fill out a brief survey so we know what you like about the newsletter and what we should change, by scanning the QR code.

Thank you for your comments!