You don’t have to do it alone. Kaiser Permanente can help you keep your heart in good shape.

Your local Health Education Department has videos, DVDs, pamphlets, books, and information on classes. These programs can help you:

- stop smoking
- manage your diabetes, blood pressure, or cholesterol
- eat low-fat and heart-healthy meals
- introduce more physical activity into your life
- manage stress
- ...and more

Kaiser Permanente online resources

kp.org/heart
Look here for heart-related online resources and tools. Read about:
- risk factors for heart disease
- how to maintain a heart-healthy lifestyle
- medications and other treatments
- women and heart disease

kp.org/mydoctor
For members in Northern California, your doctor’s home page is your gateway to a wealth of resources. You can:
- find reliable information on many health topics
- watch videos
- use interactive tools
- email your doctor
- view your personal medical record
- save time scheduling or changing appointments
- refill prescriptions
- view lab results
- see personalized reminders about preventive screening tests and immunizations

kp.org/healthyliving
Staying healthy is about making good choices. Our customized online programs are designed to help you live well and thrive. In collaboration with HealthMedia®, we offer a variety of free programs to Kaiser members. Get a personalized health risk assessment and the encouragement to make healthy changes when you join our Care for Your Health™ program.

kp.org/listen
Listening to guided imagery podcasts and other audio programs can help you learn how to relax and manage stress. Guided imagery engages your mind, body, and spirit in a gentle, but powerful way to:
- lower blood pressure, blood sugar, and cholesterol
- inspire and motivate
- reduce anxiety and depression

kp.org/quit-smoking
Quitting tobacco is one of the best things you can do for your health. If you’re a smoker thinking about quitting and looking for support, this is a great place to get the help you need.

Books, Magazines, and Newsletters

Find these resources at your local library or bookstore, or online:

Books
- Active Partnership for the Health of Your Heart: workbook and DVD. American Heart Association and Krames.
Heart Healthy Resources

- **Healthy Heart Walking CD: Walking Workouts for a Lifetime of Fitness.** American Heart Association.
- **Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure.** Caldwell B. Esselstyn, Jr., MD. Avery, 2008.

**Cookbooks**
- **Everyday Cooking with Dr. Dean Ornish.** Dean Ornish, MD. Quill, 2002.
- **Moosewood Restaurant Low-Fat Favorites.** Moosewood Collective. Clarkson Potter, 1996.

**Magazines**
- **CookingLight**
  cookinglight.com
- **EatingWell: The Magazine of Food and Health**
  eatingwell.com
- **Vegetarian Times**
  vegetariantimes.com

**Newsletters**
- **University of California Berkeley Wellness Letter**
  berkeleywellness.com
  (800) 829-9170
- **Tufts University Health and Nutrition Letter**
  tuftshealthletter.com
  (800) 274-7581
- **Communicating Food for Health Newsletter**
  www.foodandhealth.com
  (800) 462-2352

**Other websites**
- **Visit our website at kp.org.** Here you’ll find the Health Encyclopedia, which offers more in-depth information on this and many other topics.
- **Find fresh, healthy recipes at**
  recipe.kaiser-permanente.org
- **American College of Cardiology**
  cardiosmart.org
- **American Diabetes Association**
  diabetes.org
- **Academy of Nutrition and Dietetics**
  eatright.org
- **American Heart Association**
  americanheart.org
- **Vegetarian Resource Group**
  vrg.org