



DIABETES MANAGEMENT

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

Health Education	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, insomnia, diabetes care, and stress management.	Health Education 408-851-3800
Nutrition Consultation	Registered Dietitians help you learn healthy food choices to control and improve conditions such as irritable bowel syndrome, food intolerances, diabetes, obesity, high cholesterol, and high blood pressure.	Health Education 408-851-3800 Doctor referral
Telephone Wellness Coach	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish.	1-866-251-4514

ONLINE CLASSES

Prediabetes and You	One 2-hour session. This class will help you take charge of your health and how to reduce your risk of diabetes and its complications. *Ages 16+ can attend (16-17 must be accompanied by an adult)	Health Education 408-851-3800 Register at kp.org/appointments
Diabetes Basics	One 2-hour session. This class gives an overview of the five key areas of Type 2 Diabetes Management: Healthy Eating, Exercise, Monitoring Blood Sugar, Medications, and Managing your Stress. Spanish, Cantonese and Filipino classes also available.	
Healthy Eating with Diabetes	One 2-hour session. In this class, you will get general tips on planning meals, selecting healthy foods, grocery shopping, and dining out.	
Whole Food Plant Based Eating	One 2-hour session. In this 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.	
Diabetes Nutrition	One 1.5-hour session. This class is a more hands-on approach to nutrition. You will learn meal planning, portion control, label reading, and carbohydrate counting. Taught by a Registered Dietitian.	Health Education 408-851-3800
Cook for Health: Plant-Based Cooking	Physician-led cooking class for those who are interested in implementing a plant-centered way of eating and those who could benefit from lowering chronic disease risk. South Asian class available.	Health Education 408-851-3800
Healthy Habits for Life: Eat Better, Sleep More, Stress Less and Connect	Six 2-hour sessions. For patients that are eagerly looking to improve their wellness habits by setting weekly SMART goals and engaging in group conversations. Covers healthy eating, physical exercise, sleep, avoiding risky substances, reducing stress, and connecting with others.	Health Education 408-851-3800

ONLINE RESOURCES

Live Well with Diabetes	Day to day tips and tricks on eating well, exercising, and taking your diabetes medications to keep you feeling healthy and well.	kp.org/mydoctor/diabetes
Prediabetes	Learn about prediabetes, plan your next steps, track your progress, connect with others for support, and access resources to take you one step further.	kp.org/mydoctor/prediabetes
Wellness	Take time for self-care. Explore our broad range of self-care resources – including apps, audio activities, articles, and more- designed to help you thrive in mind, body, and spirit.	kp.org/selfcareapps