




# HEART HEALTH

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

### INDIVIDUAL APPOINTMENTS

<b>Health Education</b>	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 <b>408-851-3800</b>
<b>Nutrition Consultation</b>	Registered Dietitians help you learn healthy food choices to control and improve conditions such as irritable bowel syndrome, food allergies, diabetes, obesity, high cholesterol, and high blood pressure.	Health Education <b>408-851-3800</b> <b>Doctor referral</b>
<b>Telephone Wellness Coach</b>	Whether you are trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal 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	<b>1-866-251-4514</b>

### ONLINE CLASSES

<b>South Asian Heart Health</b>	One 2-hour session. People from India, Pakistan, Sri Lanka, Bangladesh, and Nepal are at greater risk for cardiovascular disease at a younger age. We will help you identify self-management skills and how to make changes that can help lower your risk and lengthen your life.	Health Education <b>408-851-3800</b>
<b>Emotional Wellness</b>	One 2.5-hour session. In this class, we will help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. You will also explore a variety of other resources to help you feel better and thrive.	Health Education <b>408-851-3800</b> Register at <a href="https://kp.org/appointments">kp.org/appointments</a>
<b>Healthy Weight 1</b>	Six 2-hour sessions. Lose weight, develop healthy habits, and gain confidence. This program covers the latest weight loss research, plus ways to maintain a healthy weight.	
<b>Whole Food Plant Based Eating</b>	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.	
<b>Cook for Health: Plant-Based Cooking</b>	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.	
<b>Healthy Habits for Life: Eat Better, Sleep More, Stress Less and Connect</b>	Six 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 <b>408-851-3800</b>

### ONLINE RESOURCES

<b>Wellness</b>	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.	<a href="https://kp.org/selfcareapps">kp.org/selfcareapps</a>
<b>Fitness Deals</b>	Stay active and fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes — available for Kaiser Permanente members	<a href="https://kp.org/fitdeals/ncal">kp.org/fitdeals/ncal</a>
<b>How to Take Blood Pressure at Home</b>	This handout provides education about the best times to take blood pressure, how to take an accurate reading and includes a blood pressure log	<a href="https://kp.org/bpathome/ncal">Kp.org/bpathome/ncal</a>