

# Staying Healthy

## with nutrition and fitness

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



### Classes

#### Healthy Lifestyle and Weight Management

This ten-session class is designed to help you become healthier through permanent lifestyle changes. It provides guidance and support for physical activity, healthy eating, stress management, communication skills, emotional eating, and strategies for maintaining progress.

**Fee:** \$120 members; \$150 nonmembers

#### Managing Your Weight

Attend this single-session class to learn practical ideas and tools for making healthy lifestyle choices that can help you lose weight and keep it off.

**Fee:** No fee for members; \$25 nonmembers

#### Nutrition Basics

Attend this single-session class to learn about healthier eating habits, developing a healthy grocery list, and incorporating good nutrition into your lifestyle.

**Fee:** No fee for members; \$25 nonmembers

#### Un Peso Saludable, Una Vida Saludable (Spanish Weight and Lifestyle)

In this six-session class you will learn how to incorporate healthy lifestyle changes to reach a healthier weight.

**Fee:** \$20 members; \$50 nonmembers

#### Weight Loss Surgery: Preparing for Success

This single-session class will cover the risks and benefits of surgery itself and focus on what it takes to maintain weight loss long-term. Determine how ready you are to make radical changes to the way you live. This class is a required first step for anyone interested in a referral for weight loss surgery.

**Fee:** Members only; no fee

*See reverse side for additional resources to keep you healthy*

### Your Health Online

#### Shortcuts to better health at [kp.org](http://kp.org)

**[kp.org/mydoctor/webcare](http://kp.org/mydoctor/webcare)** – personalized, interactive weight management program

**[kp.org/healthcoach](http://kp.org/healthcoach)** – online health coaching programs

**[kp.org/maintainweight](http://kp.org/maintainweight)** – monthly online newsletters

**[kp.org/healthylifestyles](http://kp.org/healthylifestyles)** – personalized assessments and action plans for total health

**[kp.org/mydoctor](http://kp.org/mydoctor)** –

- Select and communicate with your doctor
- Access online programs, videos, and podcasts

**[kp.org/10000steps](http://kp.org/10000steps)** – 10,000 Steps® walking program

**[kp.org/fitness](http://kp.org/fitness)** – help for staying active

**[kp.org/kidwisdom](http://kp.org/kidwisdom)** – healthy activities and games for children

**[kp.org/nutrition](http://kp.org/nutrition)** – help for eating well

**[kp.org/recipes](http://kp.org/recipes)** – healthy recipes

**[kp.org/weight](http://kp.org/weight)** – resources to help you manage weight

**[kp.org/weightwatchers](http://kp.org/weightwatchers)** – Weight Watchers®

**[kp.org/widgets](http://kp.org/widgets)** – short programs to keep you healthy

**[kp.org/espanol](http://kp.org/espanol)** – content in Spanish

**[kp.org/nutricion](http://kp.org/nutricion)** – help for eating well in Spanish

**[kp.org/peso](http://kp.org/peso)** – healthier weight resources in Spanish

**Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.**

**Kaiser Permanente Medical Weight Management Program  
1-866-454-3480 (toll free)**

If you have at least 40 pounds to lose and want to make positive, lasting changes that improve your health, increase your energy level, and help you get the most out of life, this medically-supervised weight management program might be the answer for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions. No referral required.

To learn more, visit [kphealthyweight.com](http://kphealthyweight.com)

**Fee:** Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. ("Health Plan"), and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under the Health Plan. If you are a Health Plan member, please check your *Evidence of Coverage*.



**Acu-Yoga**

This four-session class combines techniques of acupressure self-message with gentle yoga for deep relaxation. The yoga poses you practice in this class are appropriate for beginners.

**Fee:** \$60 members; \$80 nonmembers

**Tai Chi**

Calm your mind and body with the gentle, flowing movements of Tai Chi. Improve strength, flexibility, and balance, which can help prevent falls. This six-session class includes breathing and meditation instruction.

**Fee:** \$75 members; \$90 nonmembers

**Yoga**

Yoga can be beneficial to every body, regardless of flexibility or strength. Through this beginning six-session program, you will learn to increase awareness through breathing, increase mobility in joints, and build stability in your body. Each class will end with a deep relaxation exercise.

**Fee:** \$80 members; \$90 nonmembers

Program fees listed 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 covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.

**Health Education  
Centers**

**1-866-248-0721**

Health Education Centers are open to members and the community. We carry a variety of health information to support your nutrition and fitness needs. Register for a class or check out a DVD such as *Chair Dancing®* or *Nutrition: Shop Healthy, Cook Healthy*.

Our Health Store products include exercise balls and yoga mats. Call or visit us at the following locations:

**Antioch Medical Center**

4501 Sand Creek Road  
Antioch, CA 94531

**Delta Fair Medical Offices**

3400 Delta Fair Boulevard  
Delta Square, Building C, #3662  
Antioch, CA 94509

**Livermore Medical Offices**

3000 Las Positas Road  
Livermore, CA 94551

**Martinez Medical Offices**

200 Muir Road  
Ensenada Building  
Martinez, CA 94553

**Park Shadelands Medical Offices**

320 Lennon Lane  
Yosemite Building  
Walnut Creek, CA 94598

**Pleasanton Medical Offices**

7601 Stoneridge Drive  
South Building  
Pleasanton, CA 94588

**Walnut Creek Medical Center**

1425 South Main Street  
Walnut Creek, CA 94596