

Health Education Programs Catalog

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Behavioral Health Education

Health Education Department • Kaiser Permanente • San Francisco

Pathways to Emotional Wellness* Members: No fee, Non-members: \$20

In this single session class, you identify your sources of stress and learn techniques to deal with anxiety & depression.



Improving Your Sleep* (4 Sessions) Members: No fee, Non-members: \$30

In this series learn how nighttime habits and thinking patterns affect sleep and how to change them.

Couples Communication* (4 Sessions) Members: No fee, Non-members: \$50

The heart of a healthy relationship is good communication. Learn ways to reduce defensiveness and understand each other.

Managing Your Stress* (5 Sessions) Members: No fee, Non-members: \$30

In this series, you will learn to recognize the sources of stress in your life and develop healthy habits. Also offering Spanish Managing Your Stress (4 Sessions)

Managing Your Depression (6 Sessions) Members: No fee, Non-members: \$30

In this series, you learn about depression, ways to manage your symptoms and how to challenge negative thoughts.

Understanding Your Anxiety (4 Sessions) Members: No fee, Non-members: \$30

In this series, you learn to identify what triggers anxiety for you and to manage your symptoms and learn to approach fear.



Understanding Loss (4 Sessions)

Members: No fee, Non-members: \$40

This series intends to educate participants on grief reactions and coping skills for processing their losses.



Mindfulness-Based Stress Reduction (6 Sessions + Saturday Retreat)

Members: \$100, Non-members: \$180

This series teaches mindfulness meditation techniques to increase mind-body awareness.

Registration is required. Please hold your smartphone's camera on a class QR code to access dates/times. Classes marked with * are available for online self-booking. You can self-book for * classes by scanning this QR code:

Scan This QR Code to Register For *Classes



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Behavioral Health Education

Health Education Department • Kaiser Permanente • San Francisco



Children & Teens Emotional Wellness

Members: No fee

This program intends to help children and teens with negative impact of stress. The class focuses on stress, sleep and mindfulness topics.



Family Resilience Workshop (4 Sessions)

Members: No fee

This series educates and empowers parents with the knowledge, tools, and strategies to nurture the children in their care.



Pathways to Oncology Mindfulness

Members: No fee

In this single session introductory class, cancer patients/survivors are introduced to mindfulness techniques to empower them from within.



Oncology Mindfulness (6 Sessions)

Members: No fee

In this series cancer patients/survivors learn techniques to reduce emotional & physical symptoms of stress and practice a variety of meditation activities.



Managing Anger (6 Sessions)

Members: \$70, Non-members: \$150

In this series you learn how to identifying anger triggers, develop communication skills, and practice ways to respond.



Assertiveness Training (5 Sessions)

Members: \$55, Non-members: \$100

This series will help you learn practical skills to develop self- confidence, improve communication skills, resolve conflicts.



Lifestyle Medicine Programs & Classes

SAN FRANCISCO • KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT

Whole Food Plant Based Eating Class Online *

This program aims to empower you to eat Plant-Strong, along a spectrum that works for you. Reduce your risk of chronic conditions and improve your overall health.

Taught by a Registered Dietitian

Fee: No Fee for members, \$20 for nonmembers

The Thrive Kitchen Class Online

Food is one of the most powerful tools you have to improve your health. Join physician and chef Linda Shiue in this class. You'll learn to make globally inspired, seasonal cuisine, with a focus on plant-based eating.

At the end of the class, you'll enjoy the meal you've prepared. A different menu is offered each month.

Fee: No Fee for members, \$20 for nonmembers

Lifestyle Medicine Program (previously Plant Strong Program) Online

In this 12-week, Lifestyle Medicine class, you'll learn how to eat Plant-Strong. This program focuses on the 6 pillars of lifestyle medicine and aims to empower you to eat a balanced whole foods plant-based diet in a way that works for you. Connect with others who are also working to improve their health through lifestyle medicine.

Fee: *Members Only.* No Fee for members

Personal Health Coach Program - 415-833-7800

The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.

Fee: \$20 Initial Consultation. Package prices range from \$225-450
Available to members and nonmembers.

Locations:

2241 Geary Blvd. San Francisco, CA 94115 &
1600 Owens St., San Francisco, CA 94158

Phone: (415) 833-3450

Email: sfhealthed@kp.org

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Lifestyle Medicine Programs & Classes

SAN FRANCISCO • KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT

Lifestyle Medicine Physician Consultation - 415-833-7808

The Lifestyle Medicine Physician Consultation will provide personalized, whole person care in a longer office visit with Linda Shiue, MD, (link MDO MD Page) board certified in internal medicine and lifestyle medicine.

Initial consultations are 60 minutes and will include:

- Measurement of cardiometabolic vital signs
- Comprehensive dietary assessment, review of medical history and lifestyle
- Co-designing a plan to help you reach your health goals using evidence-based, personalized and data-informed solutions.
- Exclusive discounts on meal delivery (optional)

Fee: \$400 60-minute Initial Consultation. \$200 30 minute follow up appointment.

Available to members and nonmembers.

Culinary Medicine Physician Coaching - 415-833-7808

The Culinary Medicine Physician Coaching is a unique service to improve your health where it begins, in the kitchen. Learn how to cook for your health from Linda Shiue, MD, (link MDO MD Page) a physician and professionally trained chef. All initial consultations will be 60 minutes and include:

- Counseling on meal planning, grocery shopping, nutrition label reading and mindful eating.
- Culinary medicine prescription with recipes customized for your food preferences, dietary restrictions, health conditions, and cooking skills.
- Exclusive discounts on meal delivery (optional)

Follow up appointments may include.

- Virtual kitchens consult with advice on pantry stocking and equipment for your home kitchen (30 minutes)
- Private cooking instruction (60 minute minimum, in person or virtual)

Fee: \$400 60-minute Initial Consultation. \$200 30 minute follow up appointment. 1:1 and small group cooking class: prices vary.

Available to members and nonmembers.

Locations:

2241 Geary Blvd. San Francisco, CA 94115 &
1600 Owens St., San Francisco, CA 94158

Phone: (415) 833-3450

Email: sfhealthed@kp.org

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2024 Weight Management Programs & Classes

(415) 833-3450
sfhealthed@kp.org
www.kp.org/sanfrancisco/healthed

SAN FRANCISCO • KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT

Weight Management & Nutrition Resources

Telephonic Wellness Coaches

1-866-251-4514

Get the motivation and guidance you need to take an active role in your health. Whether you're trying to get active, eat better, manage your weight, quit tobacco, or handle stress, your health coach can help you create a plan. You and your coach talk by phone at a time that's convenient for you.

Fee: No fee for members (members only)

Individual Counseling

415-833-3450

Our Clinical Health Educators (CHEs) are here to provide individual guidance and support for a range of health concerns, including weight management, stress, chronic conditions and tobacco cessation.

Fee: No fee for members (members only)

Personal Health Coaching

415-833-7800

The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.

Fee: Rates vary based on service & package. Available to members and nonmembers.

Prediabetes Class (1 Session) *Online*

415-833-3450

Learn how to help prevent or delay the onset of diabetes by eating well and exercising. These healthy lifestyle changes will help you to take charge of your health to reduce your risk of diabetes and its complications.

Fee: No fee for members (members only)

Healthy Weight 1 Series (6 Sessions) *Online*

415-833-3450

Join an instructor-led class right from your own computer. Learn to adopt healthier behaviors and attitudes for long-term weight loss. Connect with others who are also working to lose weight.

Fee: No fee for members (members only)

Medical Weight Management Program

415-833-3808

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 for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions.

No referral required. Available to members and nonmembers.



Online scheduling available for the
Prediabetes Class &
Healthy Weight 1 Series.

Scan the QR Code to schedule your class.



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2024 Quit Tobacco & E-cigarettes Programs & Resources

(415) 833-3450
sfhealthed@kp.org
www.kp.org/sanfrancisco/healthed

SAN FRANCISCO • KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT

Quit Tobacco & E-Cigarettes Resources

Telephonic Wellness Coaches * (Tobacco & Vaping Cessation)

1-866-251-4514

Get the motivation and guidance you need to take an active role in your health, with our wellness coaches. Our Wellness Coaches can help you create—and stick with—a quit plan for reaching your goals. You and your coach talk one on one by phone at a time that’s convenient for you. Coaches can prescribe nicotine replacement over the phone and provide continued support.

Fee: No fee for members (*members only*)

In Person Individual Counseling *

415-833-3450

Get the motivation and guidance you need to quit tobacco with the help of a Clinical Health Educator. The Clinical Health Educator works closely with your provider to arrange individual smoking cessation counseling sessions in-person, by video or over the phone. Call the Health Education department or email your provider at Kp.org and ask to schedule a one-on-one appointment with a Clinical Health Educator

Fee: No fee for members (*members only*)

Online Quit Smoking Program - Visit: www.smokefree.gov

This online program may work for you if you are unable to attend a in-person or telephone appointment. There are many programs, such as the one at smokefree.gov, that offer programs and resources to help you quit smoking.

Kick/t California (Formerly the California Smoker’s Helpline) (All ages)

1-800-NO-BUTTS (1-800-668-8887)

A FREE telephone –based smoking and vaping cessation program to help you quit smoking. Funded by the California Department of Health Services.

Spanish.....1-800-600-8991

Vietnamese.....1-800-778-8440

Chinese.....1-800-838-8917

Hearing Impaired.....1-800-933-4833

Korean.....1-800-556-5564



Thrive Kitchen at Home Online Cooking Class

SAN FRANCISCO • KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT

Taught by: Dr. Linda Shiue, Chef,
Director of Culinary Medicine & Director of Lifestyle Medicine
at Kaiser Permanente San Francisco

2024 Schedule

| | |
|---------------|---|
| Jan 10 | Soups and Salads |
| Feb 14 | Eat Your Greens! |
| Apr 3 | Spring Vegetables |
| Apr 17 | Cook to Reduce Food Waste |
| May 8 | Healthy Asian Cooking |
| Jun 19 | Mediterranean Picnic |
| Jul 10 | Fun with Fermentation Workshop |
| Aug 14 | Back to School, Back to Basics: Grain Bowls |
| Sep 11 | Plantbased Tacos and Ceviche |
| Oct 9 | Everything Pumpkin |
| Nov 6 | Plantbased Thanksgiving |
| Dec 4 | Holiday Appetizer Party |

Online Class: Wednesdays, 6:20PM - 8:30PM
No Fee for Kaiser Permanente Members / \$20 Non-Members
Pre - registration is required
Contact Health Education at 415-833-3450
or email Sfhealthed@kp.org

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La prediabetes y su salud - [En Línea](#) *(Prediabetes and You)*

Aprenda cómo prevenir o retrasar el desarrollo de la diabetes al comer bien y hacer ejercicio. Estos cambios en su estilo de vida le ayudarán a controlar su salud para reducir el riesgo de diabetes y sus complicaciones.

Las clases se ofrecen varias veces al mes, los días laborales por la tarde, y los sábados por la mañana.

Información básica sobre la diabetes [En Línea y En Persona](#) *(Diabetes Basics)*

Para sentirse mejor, más activo y saludable, aprenda a utilizar las 5 áreas del manejo de la diabetes tipo 2: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, uso adecuado de los medicamentos y manejo del estrés.

Las clases se ofrecen el segundo lunes de los meses impares EN PERSONA, de 5:30 a 7:30 p. m., y el segundo miércoles de los meses pares EN LÍNEA, de 9:30 a 11:30 p. m.

Cómo comer bien con diabetes [En Línea](#)

(Healthy Eating with Diabetes)

Aprenda a sentirse bien y alimentarse mejor con diabetes. En esta clase, usted recibirá consejos para planificar sus comidas, aprender a reconocer los carbohidratos y leer las etiquetas de los alimentos. Aprenda diferentes formas de preparar sus comidas favoritas y a disfrutar saludablemente lo que come fuera de casa. Con una planificación adecuada y opciones balanceadas, podrá manejar su diabetes y, a la vez, disfrutar sus comidas.

Se ofrece una vez al mes, los lunes o miércoles por la tarde.



Taller “Caminos hacia una buena salud emocional”

En Línea

(Pathways to Good Emotional Health)

La vida diaria le puede causar estrés y afectar su bienestar. En esta clase le ayudaremos a identificar sus fuentes de estrés y aprender técnicas simples para que se sienta más relajado, enfrente mejor la ansiedad y reduzca los síntomas de depresión. También le daremos un resumen de los recursos disponibles.

Para registrarse a esta clase vespertina de cuatro sesiones, llame al: 415-491-6555

Clase de planificación para el cuidado de la vida -En Línea

(Life Care Planning Workshop)

Si desea recibir información sobre la planificación para el cuidado de la vida, le recomendamos que asista a la clase acompañado de la persona que usted cree que será su representante para la atención médica, o de otros miembros de su familia.

Llame para conocer las fechas y los horarios.

Clases para manejar de manera saludable su bienestar emocional

En Línea

(Managing Your Emotional Wellbeing Series)

En esta clase aprenderá cómo manejar el estrés, la ansiedad, depresión y cómo dormir mejor. Le ayudaremos a entender cada una de estas afecciones, así como técnicas para reentrenar el cerebro para sobrellevar estas afecciones de una manera saludable.

Para miembros y sus familiares.

Para registrarse en este curso vespertino de cuatro sesiones, llame al 415-491-6555.

Visite <http://kpdoc.org/diabetes> (pase la cámara sobre el código QR) para obtener más apoyo para la diabetes y aprender a controlar su nivel de azúcar en la sangre, los medicamentos y el ejercicio.



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