

Nutrition and Weight Management Classes and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA



Classes *(clases en español en el revés de la página) -*

Managing Your Weight (1 session)

Want to lose weight but don't know where to start? This workshop will help you determine the best way to achieve your weight loss goals based on your unique needs and preferences. We will help you develop a personalized action plan that includes KP resources to help you every step of the way.

Fee: No Fee for members; \$15 nonmembers

Locations: Oakland, Richmond and Pinole

Food and Nutrition Workshop (1 session)

Curious about nutrients, food, and healthy eating? This dietitian-led workshop explores basic nutrition, portions, eating on the run, recipe modification, and food label reading as well as current nutrition topics.

Fee: No Fee, Kaiser Permanente members only.

Location: Oakland, Richmond

Healthy Weight 1 (6 sessions)

Lose weight, develop healthy habits, and gain confidence. This 6-session, in-person program covers the latest weight loss research, plus ways to maintain a healthy weight.

Fee: No Fee for members; \$130 nonmembers

Location: Oakland, Richmond, Pinole

Healthy Weight 2 (9 sessions)

For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-session, in-person program.

Fee: No Fee for members; \$130 nonmembers

Location: Oakland, Richmond, Pinole

Living Heart-Healthy (1 session)

This class is designed to teach members to lower their risk for heart attack and stroke through heart-healthy lifestyle changes, including healthy eating and taking blood pressure at home.

Fee: No Fee, Kaiser Permanente members only.

Location: Oakland, Richmond

To register for a class, please call the Health Education Department or stop by one of our locations. Our Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

- Nutrition products and cookbooks
- Fitness products, books and DVD's
- Health information tip sheets

Online registration is available for select classes on kp.org/appointments

Oakland

Health Education Department

510-752-6150

Health Education Center

3600 Broadway, 1st Floor

Healthy Living Center

3701 Broadway, 1st Floor

Education & Technology Center

3801 Howe St., 1st Floor

Oakland, CA 94611

Alameda

Healthy Living Center

510-752-9215

2417 Central Ave., 2nd Floor

Alameda, CA 94501

Richmond

Health Education Center

510-307-2210

901 Nevin Ave., Building 1, 1st Floor

Richmond, CA 94801

Pinole

Health Education Center

510-243-4020

1301 Pinole Valley Road, 1st Floor

Pinole, CA 94564

**Ever wanted your own Wellness Coach? Now you can!
Call 1-866-251-4514 for an appointment.**

KAISER PERMANENTE®  thrive

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

Call to register for free orientation 510-752-2399

If you have at least 40 pounds to lose and want to make positive, healthy, lasting changes, increase your energy level, and help you get the most out of life, this medically-supervised 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

Fee: Services described above 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*.

Plant-Strong Nutrition: Starting a Plant-Based Diet (1 session)

Learn how plant-based diets help reduce cholesterol levels, improve diabetes, lower blood pressure, and help manage heart disease and weight loss. This class will teach you how to make the dietary changes for plant-based nutrition, for a new healthier you.

Fee: No Fee, Kaiser Permanente members only

Location: Oakland, Richmond, Pinole

Clases en español

Un Peso Saludable, Una Vida Saludable (4 sesiones)

Usted aprenderá lo que debe saber acerca de la nutrición y como alimentarse saludablemente; como comenzar un programa de ejercicio y seguir en él, y como adaptar sus recetas favoritas.

Costo: Gratis; \$40 no miembros

Ubicación: Oakland, Richmond

Alimentación saludable para la buena salud del corazón y presión arterial (1 sesión)

Descubra como el colesterol y la hipertensión arterial afectan su salud. Compare sus resultados con los recomendados y establezca metas para su situación personal. Aprenda a comer más saludablemente, cual es la importancia del ejercicio y a leer las etiquetas de los alimentos.

Costo: Gratis, Abierta solo a los miembros de Kaiser Permanente

Ubicación: Richmond

Consejero telefónico de salud y bienestar

Aprenda como alcanzar sus metas de salud con su propio consejero de salud y bienestar.

Llame 1-866-251-4514 para hacer una cita. Gratis

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.

Your Health Online
Shortcuts to better health at
kp.org

kp.org

- Select and email your doctor
- View lab results and history
- Reorder medical prescriptions

kp.org/mydoctor/healthyweight

Designed to help you learn about our weight loss support options. View videos and information to help you eat well, be active, and achieve a healthy weight for you and your family.

Healthy Weight Webinar

Learn how to achieve a healthier weight with this online version of our Healthy Weight 1 class. Join this 6-session interactive webinar from the comfort of your home. You will need a phone and a computer with internet access to participate. *Members only. (Ages 18 and older)*

kp.org/nutrition – tips and recipes for eating well

Español

kp.org/español – *En este sitio web de Kaiser, usted puede:*

- *Seleccionar y comunicar con su medico*
- *Ver sus resultados e historia de laboratorios*
- *Ordenar medicamentos recetados*

kp.org/mydoctor/espanol – *Información sobre la nutrición, videos y otros temas de salud en español.*

Other services:

Body Composition Analysis: This test is a quick and painless way to determine your body fat percentage and lean tissue weight. *Members only.*

Fee: \$25 Location: Oakland

Resting Metabolic Rate: Using a simple breath test, we can measure your resting metabolic rate so you'll know how to determine the number of calories your body needs for you to lose, gain, or maintain your weight. *Members only.*

Fee: \$50 Location: Oakland