

Diabetes Programs

KAISER PERMANENTE • FREMONT / HAYWARD / UNION CITY • HEALTH EDUCATION DEPARTMENT

This is an interactive patient education curriculum that promotes self-management and skill-building for people living with diabetes.

- **Home Blood Glucose Monitoring Workshop**
A one-session workshop designed to focus on practical skills for using glucose monitor, blood glucose testing, safety, disposal, supplies, and more. Please bring your own glucose monitor. This class is offered in Union City and Fremont.
- **Pre-Diabetes and You**
A two-session class that will explain how to reduce your risk for diabetes, pre-diabetes, heart attack, and stroke.
- **Diabetes Basics**
This one-session class introduces the participant to the four cornerstones of diabetes management: healthy eating, exercise, medication, and self-care.
- **Living Well with Diabetes**
This four-session program focuses on avoiding complications and practicing specific self-management skills using goal-setting and problem-solving techniques.
- **Teleconference: Living Well with Diabetes**
This 2 session class is by telephone. This class is the same as *Living Well with Diabetes*.
- **Diabetes Nutrition**
Led by a registered dietician, this class goes into more detail on healthy eating. One session for all diabetes nutrition classes.

Program fees listed are subject to change and may depend on your health coverage. Please refer to your current *Evidence of Coverage* (EOC) to confirm the services covered under your plan.

DATES/TIMES:

Day and evening workshops available
Ongoing

FEES:

No charge for members

For more information and to enroll:

Call the
Health Education
Department
at

Hayward/Union City
510-784-4531
Fremont
510-248-3455

*Spanish classes available for:
Pre-Diabetes
Diabetes Basics and
Living Well with Diabetes*

**For online info go to:
kp.org/diabetes**



KAISER PERMANENTE®

Health Education Department

Champions for Healthy Living

Fremont, Hayward, Union City

Register on kp.org for access to these Kaiser Permanente services

- E-mail your doctor
- View most lab test results
- Find classes and support groups
- Order prescription refills
- Schedule, cancel, and view routine appointments
- Act for a family member

Visit these kp.org websites for quick and easy access to health programs

- kp.org/mydoctor
- kp.org/tobaccomedications
- kp.org/fitness
- kp.org/womenshealth
- kp.org/children
- kp.org/mindbody
- kp.org/menshealth
- kp.org/classes
- kp.org/colds
- kp.org/depression
- kp.org/youngadulthealth

Spanish websites

- kp.org/espanol
- kp.org/vidasana

Online newsletters available through your physician's home page: kp.org/mydoctor

- Healthy Beginnings
- Healthy Babies
- Healthy Kids
- Healthy Teens

Online Healthy Living Health Education class & resource catalog

Go to: kp.org/fremont kp.org/hayward kp.org/unioncity

Click on "Health Education page," then "catalog"

Having surgery? Go to your physician's home page: kp.org/mydoctor

Click on "Prepare for your surgery" (EMMI) to learn more about your surgery

LOCATIONS

Hayward Health Education Center

27400 Hesperian Boulevard, 2nd Floor of the Main Medical Building above the Pharmacy
Monday–Friday, 9 a.m. to 5 p.m., Wednesday open till 7 p.m., (510) 784-4531

Dr. Spencer Larsen Pediatric Health Education Desk

27303 Sleepy Hollow Avenue, 1st Floor, Sleepy Hollow Building
Monday–Friday, 9 a.m. to 5 p.m., (510) 784-4344

Union City Health Education Center

3553 Whipple Road, 1st Floor next to the Pharmacy
Monday–Friday, 9 a.m. to 5 p.m., (510) 784-4531

Fremont Health Education Center

39400 Paseo Padre Parkway, Niles Building, 1st Floor, next to the Pharmacy
Monday–Friday, 9 a.m. to 5 p.m., (510) 248-3455