



# Kidney Awareness and Prevention of Chronic Kidney Disease

Become more aware of what your kidneys do for you! Learn the signs of early kidney disease. You can slow the progression of kidney damage with some simple lifestyle changes. People with diabetes and or high blood pressure are encouraged to attend.

**Classes are offered monthly in Hayward and every other month in Fremont. Check for specific dates and times with Nephrology staff. Classes are free of charge.**

**For more information and to register call:  
Nephrology Department  
510-784-2769**

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.

# Health Education Department

## *Champions for Healthy Living*

### Fremont, Hayward, Union City

Register on [kp.org](http://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](http://kp.org) websites for quick and easy access to health programs

- [kp.org/mydoctor](http://kp.org/mydoctor)
- [kp.org/womenshealth](http://kp.org/womenshealth)
- [kp.org/menshealth](http://kp.org/menshealth)
- [kp.org/depression](http://kp.org/depression)
- [kp.org/tobaccomedications](http://kp.org/tobaccomedications)
- [kp.org/children](http://kp.org/children)
- [kp.org/classes](http://kp.org/classes)
- [kp.org/youngadulthealth](http://kp.org/youngadulthealth)
- [kp.org/fitness](http://kp.org/fitness)
- [kp.org/mindbody](http://kp.org/mindbody)
- [kp.org/colds](http://kp.org/colds)

#### **Spanish websites**

- [kp.org/espanol](http://kp.org/espanol)
- [kp.org/vidasana](http://kp.org/vidasana)

Online newsletters available through your physician's home page: [kp.org/mydoctor](http://kp.org/mydoctor)

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

Online Healthy Living Health Education class & resource catalog

Go to: [kp.org/fremont](http://kp.org/fremont)    [kp.org/hayward](http://kp.org/hayward)    [kp.org/unioncity](http://kp.org/unioncity)

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

Having surgery? Go to your physician's home page: [kp.org/mydoctor](http://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**