



Men's Health Resources

Caring for your health isn't just about diagnosing and treating problems, but about prevention and awareness as well. We have a variety of health education programs designed to support you in the important role you play in keeping yourself and your family healthy. Check out some of our programs below, or stop by your local Health Education Center to pick up a free copy of our **Healthy Living Classes and Resources** catalog. Also, please visit **kp.org** to schedule routine appointments, search online health and drug encyclopedias, access interactive healthy living programs, get maps and directions, and more.

CLASSES

Whether you want to eat better, exercise more, quit smoking, or reduce stress, you'll find the support you need to get healthy, stay healthy, and thrive. Here's a sampling of some of the classes we offer:

- Alcohol, Drugs, and Recovery
- Anger Management
- Cholesterol Management
- Diabetes Basics
- Heart Health
- High Blood Pressure
- Pain Management
- Prostate Cancer Support Group
- Smoking Cessation
- Stress Reduction
- Weight and Nutrition

Wellness Coaching by Phone

A personal coach can increase your likelihood of success by helping you create — and stick with — a plan for long-term health. Call 1-866-251-4514 (toll free), 6 a.m. until midnight daily, to schedule your coaching appointment. Sessions are available in English and Spanish, and are offered at no additional cost for Kaiser Permanente members.

Clinical Health Educators

Our Clinical Health Educators (CHEs) are here to help you make healthy lifestyle choices. They work closely with your doctor and other members of your health care team to support you in reaching your health goals. CHEs provide individual guidance for many health concerns. To make an appointment, please call or visit one of our Health Education Centers listed below.

Online Health Coach

Our new online coaching programs are another way to find the motivation and help you need to make lasting changes for your health. Look for the "Online Health Coach" link on your physician's home page at **kp.org/mydoctor**.

Contact or visit our Health Education Centers:

Hayward	510-784-4531
	Main Clinic Bldg., 2nd Floor, above the pharmacy
Union City	510-784-4531
	Medical Office Bldg. B, 1st Floor, next to pharmacy
Fremont	510-248-3455
	Niles Bldg., 1st Floor, next to pharmacy



En Español – Servicios De Educación

Algunos de los servicios de educación para la salud que ofrecemos incluyen servicios de internet y por teléfono para mantenerlo saludable. Ofrecemos más servicios adicionales. Para información sobre más servicios de educación para la salud, por favor llame a uno de los números en la lista de abajo:

- Consejero de Bienestar por teléfono 1-866-251-4514
- Educadora de Salud en persona o teléfono 510-248-3455 o 510-784-4531
- kp.org/español
- kp.org/vidasana
- kp.org/listen

Men's Health Web Page



To visit our Men's Health section go to kp.org/hayward, kp.org/fremont, or kp.org/unioncity

- Click health resources, then men's health link

ONLINE RESOURCES

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

- kp.org/mydoctor
- kp.org/youngadulthealth
- kp.org/menshealth
- Kp.org/mindbody
- kp.org/depression
- kp.org/colds
- kp.org/classes

kp.org/healthylifestyles*

Take advantage of these free online, personalized programs from HealthMedia*. These programs require you to be registered and signed onto our website. If you haven't registered yet, start by going to kp.org/register. Healthmedia* Topics include:

- Back pain
- Smoking Cessation
- Depression
- Stress Management
- Diabetes
- Total Health Assessment
- Insomnia
- Weight Management
- Nutrition
- On-going conditions

kp.org/10000steps**

Get in better shape, one step at a time. Using a pedometer, count your steps each day and track your progress online.

kp.org/naturalmedicines

Access our database of herbs and supplements to learn more about what's available on the market today.

* These products and services are provided by entities other than Kaiser Permanente. Some Kaiser Permanente benefit plans include coverage for certain of these discounted services. Plan benefits must be used before those discounted services are available. Check your *Evidence of Coverage* for details. Kaiser Permanente disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Call Center at **1-800-464-4000**.

** 10,000 Steps is a registered trademark of HealthPartners, Inc.

Cornerstones of Good Health for Men

Healthy practices: These include proper diet, regular exercise, safety measures, stopping the use of tobacco and illegal drugs and using alcohol in moderation.

Depression: Know the signs: increased irritability, appetite change, sleep disturbance, withdrawal and lack of joy, and other possible signs

Treatment for health problems: After recognizing and beginning treatment for a health problem, follow through with the treatment plan until it's completed.

Exercise/Movement: Build regular exercise into your daily routine. Aim to be physically active 30 to 60 minutes on most days.

Diet & Nutrition: Enjoy a variety of healthy foods daily and limit foods that are high in salt, fat, and sugar.

Vasectomy: Vasectomy is a procedure that makes a man unable to father a child (sterile). It is the most effective birth control method for men. Kaiser Permanente offers a vasectomy preparation overview class that will help you understand what's involved as well as the benefits and risks of having a vasectomy.

Health Screenings: Know what the recommended health screenings and vaccines are for your specific age, lifestyle, and specific needs or health risks.

Health Problems: Watch for symptoms of possible health problems — incontinence, erectile dysfunction, weight gain, easily tired, shortness of breath, frequent urination, etc. — and act on them.

Personal Preventive Services

Information about your preventive screening tests and immunizations appears on the printed registration receipt you receive at every office visit. But now you can also find this information online. Just go to your doctor's home page at kp.org/mydoctor and click on "Preventive Services."