

Heart Health Programs

KAISER PERMANENTE SOUTHERN ALAMEDA COUNTY HEALTH EDUCATION DEPARTMENT



Classes

Take Control: Cholesterol and Blood Pressure

Take control and learn to manage your high cholesterol and high blood pressure. We'll discuss choosing healthier food options, adding more physical activity into your routine, taking heart-protective medications, using a blood pressure monitor, and more

Fee: Members only; no fee

Living Better with Heart Failure: The Basics

Did you know heart failure is a manageable condition? Join us and discover how you can feel better through healthy eating, activity, medications, checking your weight daily, and much more. Caregivers or loved ones are encouraged to attend with you

Fee: Members only; no fee

Mended Hearts, Inc.

If you or a loved one has had heart surgery or is living with a heart condition, these meetings can provide education and opportunities to help you support one another.

Fee: Members only; no fee

See reverse side for additional resources and enrolling in any of these classes.

Your Health Online Shortcuts to better health at kp.org

kp.org/heart – look here first for heart-related online resources and tools

kp.org/health – health encyclopedia

kp.org/healthdecisions – learn about health care decision options

kp.org/healthyliving – tools to help you live well:

- Health assessment tools
- Overcome stress
- Manage chronic conditions

kp.org/listen – relax and listen to guided imagery podcasts

kp.org/mydoctor –

- Select and communicate with your doctor
- Prepare for your procedure by watching an Emmi[®] program
- View labs, refill medications

kp.org/quitsmoking – quitting smoking is one of the best things you can do for heart health

kp.org/watch – view health videos online:

- Managing adult asthma
- COPD
- Your guide to hypertension

kp.org/espanol – content in Spanish

Health Education Department

Champions for Healthy Living

Fremont, Hayward-Sleepy Hollow, San Leandro, Union City

Register on kp.org for the following Kaiser Permanente services

- E-mail your doctor
- View most lab results
- Find classes and support groups
- Refill your prescriptions
- Schedule, cancel, and view appointments
- Act for a family member

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

- kp.org/mydoctor
- kp.org/womenshealth
- kp.org/menshealth
- kp.org/children
- kp.org/classes
- kp.org/fitness

Spanish

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

Healthy Living Classes & Resources*

Available Online at

kp.org/fremont/healtheducation or kp.org/hayward/healtheducation
kp.org/sanleandro/healtheducation or kp.org/unioncity/healtheducation

Having Surgery? Go to your physician's homepage on kp.org/mydoctor
Click on "Prepare for Your Procedure - Emmi" to learn more about your surgery

Locations

All our centers are open Monday to Friday, 9 a.m. to 5 p.m.

Fremont Healthy Living Center

39400 Paseo Padre Parkway, Niles Building, 1st Floor, (510) 248-3455

San Leandro Healthy Living Center

2500 Merced Street, Medical Office Building, 1st Floor, (510) 454-4531

Hayward-Sleepy Hollow Healthy Living Resources

27303 Sleepy Hollow Avenue, Medical Office Building, 1st Floor, (510) 784-4344

Union City Healthy Living Center

3553 Whipple Road, Building B, 1st Floor, (510) 675-4531

*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.

Inspire people. Inform choices. Improve health.