

HEALTHY LIVING

classes +
resources

2020



A HEALTHY YOU

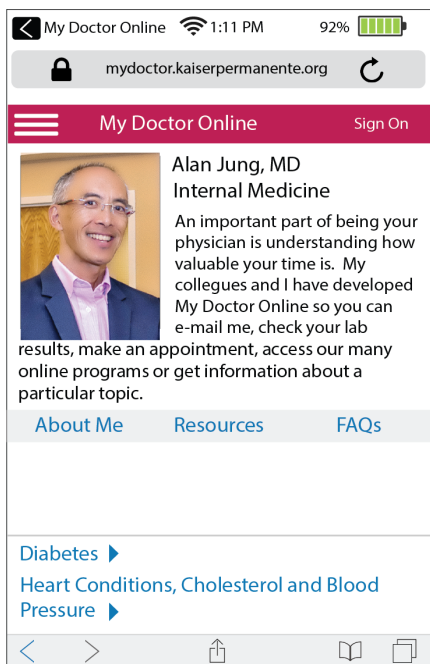
Fremont • Hayward • San Leandro • Union City

Visit [kp.org/southernalamedacounty/healtheducation](https://www.kp.org/southernalamedacounty/healtheducation) to find classes, support groups, and more.



KAISER PERMANENTE®

My Doctor Online



The My Doctor Online Mobile App is free and can help members in Northern California take wellness to the next level.

With the MDO app, members can receive:

- Information on their Doctors
- Appointment reminders
- Preventative service alerts
- Important health reminders
- Access to change your Doctors
- Updated screening and immunization history
- Help with prescriptions
- Access to manage family members care
- Video visit appointments



To download the MDO app, go to the App Store or Google Play.

Welcome

On behalf of the Health Education team, we would like to welcome you and invite you to explore and take advantage of all the benefits and services we offer.

In keeping with Kaiser Permanente's mission to improve the health of our members and the communities we serve, this booklet provides information about the resources available to you and your family. These resources are designed to help you keep healthy, to manage medical conditions and to thrive. We're also very proud to offer programs in Spanish for all members of the family.

Come by and visit us at one of our Healthy Living Centers (page 6) to learn more about how we can help you maintain and improve your health, or, go to

kp.org/southernalamedacounty/healtheducation

We are here to promote, support, and inspire healthy living. Let's do it together!

Alan Jung, MD

Internal Medicine

Assistant Physician in Chief, Health Promotion

Joseph A. Bachicha, MD

Obstetrics and Gynecology

Chief of Patient Education and Health Promotion

Victor Chu, MD

Internal Medicine

Chief of Patient Education and Health Promotion

Paul Espinas, MD

Pediatrics

Chief of Patient Education and Health Promotion



Healthy Living Center

MANAGE, MAINTAIN and IMPROVE your health

Services:

- Register for Kaiser Permanente classes and programs
- Schedule a coaching appointment with a Health Educator
- Learn about personal Wellness Coaching by phone
- Get printed health information and online health resources
- Explore Kaiser Permanente technology tools to support your health
- Take your photo to personalize your electronic medical record for your security and to allow your providers to get to know you
- Turn in your Advance Health Care Directive forms
- Learn about community resources for your well-being
- Books, DVDs and mobility assistance items for sale
- Help you log on to Kaiser Permanente apps and My Doctor Online



Hours: Monday - Friday, 9:00 a.m. - 5:00 p.m.



Call: **510-248-3455, 510-454-4531** or **510-675-4531**



Online: kp.org/southernalamedacounty/healtheducation

GENERAL INFORMATION

Healthy Living Centers

Let our Healthy Living Centers be the first stop on your path to good health. Come in to research health topics and learn self-care techniques. Browse our health media collection, which includes pamphlets and medical reference books. Here you'll find up to date information on preventive health, wellness, and disease management. You can also speak with a staff member, sign up for a Healthy Living class, browse the kp.org website, and much more.

We have locations in Fremont, San Leandro and Union City. We can show you how to use Kaiser Permanente technology tools to take care of many of your health care needs, such as checking lab results, scheduling appointments, getting appointment reminders, and how to make a video visit appointment with your doctor.

Classes and Resources

All of our classes are open to Kaiser Permanente members; many are also open to the community. For more information, call one of the Healthy Living Centers (see page 6). For the most up-to-date class listings, visit kp.org/classes or call the Healthy Living Center to speak with a staff member.

Fees and Cancellation Policy

Many classes are offered at no cost to Kaiser Permanente members; some have a fee as noted.* Preregistration is required for most classes. Classes fill quickly, so early registration is encouraged. Cancellation and refund requests must be made with the Healthy Living Center at least five business days prior to the start of the class. Class fees are nontransferable. Please call the Healthy Living Center to request a refund if you cancel your class online.

***Note:** All classes and class fees are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage to confirm the services covered under your plan. Only those who are preregistered will be notified of changes.

LOCATION OF SERVICES

Fremont

Fremont Medical Center

39400 Paseo Padre Parkway
Fremont, CA 94538

Healthy Living Center

1st Floor, Niles Building
(next to pharmacy)
Mon-Fri, 9 a.m.-5 p.m.

510-248-3455

Niles Building

Conference Rooms:
F-107, G-108, H-109, 1st Floor
C-212, D-211, E-210, 2nd Floor
PSYCH, 3rd Floor

San Leandro

San Leandro Medical Center

2500 Merced Street
San Leandro, CA 94577

Healthy Living Center

1st Floor, Building A
(next to gift shop)
Mon-Fri, 9 a.m.-5 p.m.

510-454-4531

Building A

Conference Rooms:
A11, A12, A13, A14, A15, A16,
and A17, 1st Floor;
A21 and A22, 2nd Floor;
A41 and A42, 4th Floor

Hayward

Hayward-Sleepy Hollow Medical Offices

27303 Sleepy Hollow Avenue
Hayward, CA 94545

Sleepy Hollow Building

Conference Rooms: M-1, M-2,
and M-3, 2nd Floor

Union City

Union City Medical Offices

3551 Whipple Road (Bldg. C)
3553 Whipple Road (Bldg. B)
3555 Whipple Road (Bldg. A)
Union City, CA 94587

Healthy Living Center

3553 Whipple Road
1st Floor, Building B
(next to the pharmacy)
Mon-Fri, 9 a.m.-5 p.m.

510-675-4531

Building A

Conference Rooms:
U2B and U2C, 2nd Floor

Building B

Conference Rooms:
B1A and B1B, 1st Floor;
2A and 2B, 2nd Floor;
3A, 3B, 3C, and 3D, 3rd Floor

Building C

Conference Rooms: 1-20

Classes and Resources

Aging and Senior Health

- Fall Prevention Self-Help
- Gentle Exercise for Healthy Aging
- Advanced Health Care Directive
- Visit kp.org/lifecareplan
- Life Care Planning - Clinical Health Educator appointment available
- Safety, Balance, and Fall Prevention
- Alzheimer's and Dementia Support & Education Group
- Fall prevention video: kp.org/watch

Alcohol, Drugs and Recovery

- Chemical Dependency Programs
- Spouse and Significant Other Group
- Self-Help: Visit http://bit.ly/kp_alcohol_drugs_recovery

Cancer Programs

- Breast Cancer Care Coordinator: For more information, 510-454-2727
- Breast Cancer Support Group
- Cancer Support Group
- Survivors' class - Life After Treatment: For more information, **510-454-2760**

Children, Teens and Parenting

- Basic Nutrition (5 yrs+)
- Family Nutrition Videos: Visit kp.org/healthyweight
- Jumpers (summer)
- Family Gardening (Spring)
- Picky Eating (2 yrs+)
- Positive Parenting (2-5 yrs)
- Pediatric Telephone Appointments
- ADHD Parent Education
- CHADD Support Group
- Young Adult Health: Visit kp.org/youngadulthealth

Chronic Conditions

- Introduction to Irritable Bowel Syndrome
- Kidney Awareness
- Tinnitus Education Class
- Living Better with Heart Failure: The Basics
- Living Heart Healthy Class
- Scleroderma Support Group
- Stroke Education and Support Group
- Multiple Sclerosis Support Group
- Visit kp.org/mydoctor

Diabetes

- Diabetes Basics
- Diabetes Nutrition
- Healthy Eating with Diabetes
- Home Blood Glucose
- Prediabetes and You
- Clinical Health Educator appointment available

Emotional Health and Well Being

- Emotional Wellness
- Insomnia Overview
- Improving Your Sleep
- Managing Depression
- Understanding Anxiety
- Managing Stress
- Couples Communication
- Managing Anger
- Mindfulness Based Stress Reduction
- Visit kp.org/healthylifestyles Wellness Coaching by phone **866-251-4514**
- kp.org/fremont/emotionalhealth
- kp.org/unioncity/emotionalhealth
- kp.org/sanleandro/emotionalhealth

End of Life Care

- Dealing with Grief and Loss
- Spiritual Care
- Hospice Services: Visit kp.org/hayward/hospice

Fitness and Flexibility

- Qigong Basics
- Introduction to Prenatal Yoga
- Managing Your Back Pain: Visit kpdoc.org/backpainprogram
- Wellness Coaching by phone: **866-251-4514**
- Visit kp.org/mydoctor/healthyhabits
- Visit kp.org/fitness
- Go to kp.org/choosehealthy to find fitness services.

HIV and AIDS

- HIV & STD Education
- HIV Testing

Men's Health

- Vasectomy Preparation
Call 299-650-4889
- Men's Health Website: Visit http://bit.ly/KaiserPermanente_menshealth

New Baby

- Lactation Consults
- Baby and Me Groups
- New Mom's Support Group
- Visit kp.org/mydoctor/breastfeeding

Pregnancy

- Prenatal Class Calendars:
kp.org/fremont/prenatal
kp.org/hayward/prenatal
kp.org/sanleandro/prenatal
- Childbirth Preparation
- Breastfeeding
- Newborn Care
- Preparing for Postpartum
- Introduction to Prenatal Yoga
- Labor & Delivery Tour
- Meet the Midwives
- Pediatric Department Tour
Fremont: **510-248-3437**
Hayward: **510-784-4334**
San Leandro: **510-454-6552**
- Meet Your Future Pediatrician
Fremont: **510-248-3437**
Hayward: **510-784-4995**
San Leandro: **510-784-4995**

Smoking and Tobacco Cessation

- Quit Tobacco Workshop
- Freedom from Tobacco
- Wellness Coaching by phone: **866-251-4514**
- Clinical Health Educator appointment available
- Visit kp.org/breathe

Surgery Preparation

- Joint Replacement: Visit kp.org/mydoctor/hipreplacement or kp.org/mydoctor/kneereplacement
- Preparing for Successful Surgery - CD
- Hospital to Home

Weight

- Healthy Weight 1 (in-person and online)
 - Healthy Weight 2
 - Medical Weight Management Program (free orientation session)*
 - Resting Metabolic Rate Testing: **510-675-4302**
 - Clinical Health Educator appointment available
 - Plant Based Diet
 - Wellness Coaching by phone: **866-251-4514**
- * Services described here are provided on a fee for service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them.*

Women's Health

- Improving Your Bladder Health class
- Midlife and Menopause
- Urinary Incontinence
- Birth Control Options
kp.org/mydoctor/birthcontrol
- Visit kp.org/womenshealth

Programas en Español

- Lo Básico Sobre La Diabetes
- Coma Bien con Diabetes
- Prediabetes y Ud
- Consejo/Asesoramiento para bienestar. Llame al **866-251-4514**
- El Bienestar emocional
**Hay servicios gratuitos de intérprete disponibles para las otras clases que ofrecemos en inglés. Si está interesado (a) en una, por favor llámé a uno de nuestros Centros de Educación para la Salud.*

More Resources

- kp.org/calculators
Tools to help you live better
- kp.org/tobacco
Tools to help you quit
- kp.org/health
Health encyclopedia
- kp.org/medications
Drug encyclopedia
- kp.org/video
Health videos
- kp.org/espanol
Online content in Spanish



WELLNESS COACHING

Make the call for health

Reaching your **health goals** is just a phone call away.

Would you like to achieve a **healthy weight, quit tobacco, lower your stress, move more, eat healthier** or **sleep better?**

Talk with a specially trained wellness coach to build your motivation and take action. Together, you'll create a customized plan for change.

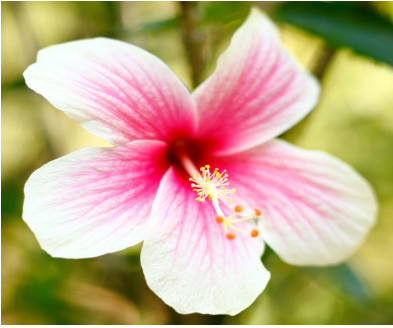
To schedule coaching appointments:

- Call **(866) 251- 4514**, 24/7
- Book online at kp.org/mydoctor/wellnesscoaching

Set up sessions with your coach at times that work for you:

- Monday through Friday, 7 a.m. to 7 p.m.
- Saturday, 8:30 a.m. to 5 p.m.

Coaching is available at no additional cost to Kaiser Permanente members.



Emotional Health and Wellness

Our emotional health determines how well we navigate life's challenges. It is the foundation to help us manage a chronic medical condition, increase coping skills, reduce symptoms that might interfere with optimal mind-body health.

Health Education & Promotion, in partnership with Adult Psychiatry, Medicine, and other specialty departments offer meaningful and impactful educational encounters to help you Thrive.

Our no fee class offerings and on-line resources provide educational options for mild-to-moderate symptoms of stress, anxiety, depression and insomnia; improve couple's communication, manage anger and increase assertiveness.

For more information about classes and programs at our Fremont, San Leandro and Union City facilities, please visit us online at:

<http://bit.ly/EmotionalHealthandWellness>

For additional Emotional Health and Wellness resources, visit us online at:

<http://bit.ly/EmotionalHealthResources>



Medical Weight Management Program

Join us for a free, one-hour information session:

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. Join us for a free, one-hour information session to find out more. Open to the community. No class fee for orientation session. Program fees are explained at the orientation.

The long-term program features:

- Low-calorie meal replacements
- Medical monitoring
- Weekly group sessions

RSVP (510) 248-7731 or go to kphealthyweight.com

Services and products described here are provided on a fee-for-service basis. These services and products are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), 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 may vary among patients and cannot be guaranteed. 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 your health plan benefits. If you are a Kaiser Permanente member, please check your Evidence of Coverage for specific covered health plan benefit information.

*Results not typical. Individual results may vary. Average weight loss is 40 lbs in 17 weeks. This patient's weight recorded at week 109 (As of 1/2015).