

HEALTHY LIVING

# classes + resources

pláticas + recursos en español



## A HEALTHY YOU

Redwood City Medical Center

Para información en español, vea la página 29.

Visit [kp.org/healthyliving/nca](http://kp.org/healthyliving/nca) to find classes, podcasts, and more.



# THE DOCTOR IS IN

My Doctor Online keeps you connected to your physicians anytime, anywhere.

**My Doctor Online** makes it easy for you to choose the right doctors for you and your family, and keep in touch between visits. From your doctor's home page at [kp.org/mydoctor](https://kp.org/mydoctor), you can:

- 1 Get to know your personal physician and specialists by reading about their backgrounds, education, awards, publications, and special interests.
- 2 Email your doctor\*, view most lab results\*, schedule a routine appointment\*, refill most prescriptions, or get directions to your doctor's office.
- 3 Check which immunizations and preventive screenings you or your family members may need to stay healthy.
- 4 Learn about health topics like diabetes, Parkinson's disease, or seasonal allergies by reading evidence-based articles that your doctor recommends.
- 5 Find relief using interactive online tools to help you manage headaches, knee pain, cold and flu, and more.

Visit and bookmark your doctor's home page at [kp.org/mydoctor](https://kp.org/mydoctor).

\* Available when receiving care at Kaiser Permanente facilities.

To access certain features, registration is required. If not registered on [kp.org](https://kp.org), click on the feature to get started.

inspire people. inform choices.

# improve health.

At Kaiser Permanente, we believe good health is everything. That's why we're dedicated to helping you feel and be your best every day. The Healthy Living classes and programs in this catalog can help you become a more active partner in managing, maintaining, and improving your health. We offer on-site workshops and support groups, personalized coaching by phone, as well as online programs, tools, and information—all designed to help you move more, stress less, eat better, and be healthy at every stage of life. Take advantage of these resources and start working toward your personal wellness goals.

**If life is what you make it, why not make it healthy?**



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This is where you'll find the nuts and bolts about our Healthy Living Centers, locations, and how to register for classes.



Look for this symbol throughout the catalog to indicate online classes and programs. Some classes also offer online registration through [kp.org/appointments](https://kp.org/appointments).



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## GENERAL INFORMATION

### Understanding Classes and Fees

Check the class listings in this catalog for session information and fees\* (if applicable). Our classes are open to all Kaiser Permanente members, and some classes are open to the community. All classes require pre-registration unless otherwise noted. Classes are filled on a first-come, first-served basis.

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend.

For more information, call the number listed underneath the course description. You can also contact us by email with questions: [healtheducation.redwoodcity@kp.org](mailto:healtheducation.redwoodcity@kp.org).

#### Registering for classes

You can register in person or by phone. For classes with a fee, we accept cash, checks, money orders, Visa, MasterCard, American Express, and Discover cards.

#### Cancellations and refunds

All classes are subject to changes (including fees and locations) and cancellations. If you're preregistered for a class, you'll be notified of any changes or cancellations.

You must cancel a class enrollment at least 48 hours before the class start date to receive a full refund. If you cancel enrollment the first day of class, you will be offered a class credit for the fee paid. If a class is cancelled by the Health Education Department, you will receive a full refund for the fee paid, or you can request a class credit.

\*Program fees listed 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.

# Healthy Living Centers and Resources

Let our Healthy Living Centers be the first stop on your path to good health. In addition to helping you register for classes and programs, our Healthy Living Centers offer Internet access, reference books, health information tip sheets and pamphlets, videos and DVDs, and other health resources. We also have a breastfeeding store and rental station, as well as other health-related products.

## Redwood City

Cypress Building., 1st Floor  
(next to Cypress Pharmacy)

**650-299-2433**

**650-299-2735** (español)

**healtheducation.redwoodcity@kp.org**

Hours: 9 a.m.–noon; 1–5 p.m.

## San Mateo

1st Floor

**650-358-7084**

Hours: 9 a.m.–noon; 1–5 p.m.

# Health Education Team

- **Rashmi Saini, MD**  
Chief of Patient Education
- **Scott Brown, MPH, RD**  
Director of Health Education
- **Agnes Arzadon-Noble, MPH**  
Senior Health Educator
- **Scott Cahn, RD, MA**  
Clinical Health Educator II
- **Danielle Hanzen, BS**  
Health Education Assistant
- **Anne Kolker, RD II, MS**  
Registered Dietitian
- **Nathan Martinez, BA**  
Health Education Assistant
- **Stephanie McBride, MPH, CHES**  
Health Educator II
- **Janely Nebre, BS**  
Health Education Assistant
- **Vandana Presad, BS**  
Health Education Assistant
- **Arti Raman, BS**  
Health Education Assistant
- **Maricela Rendon, BS**  
Clinical Health Educator I
- **Lizzette Sandoval, BS**  
Clinical Health Educator I
- **Cindy Stack-Keer, RD, MPH**  
Program Manager,  
Weight Management
- **Kerry White, RD II, MS**  
Registered Dietitian
- **Sarah Wright, MHA**  
Project Manager

# Locations of Services

Health Education and Healthy Living programs and services are provided at the following locations.

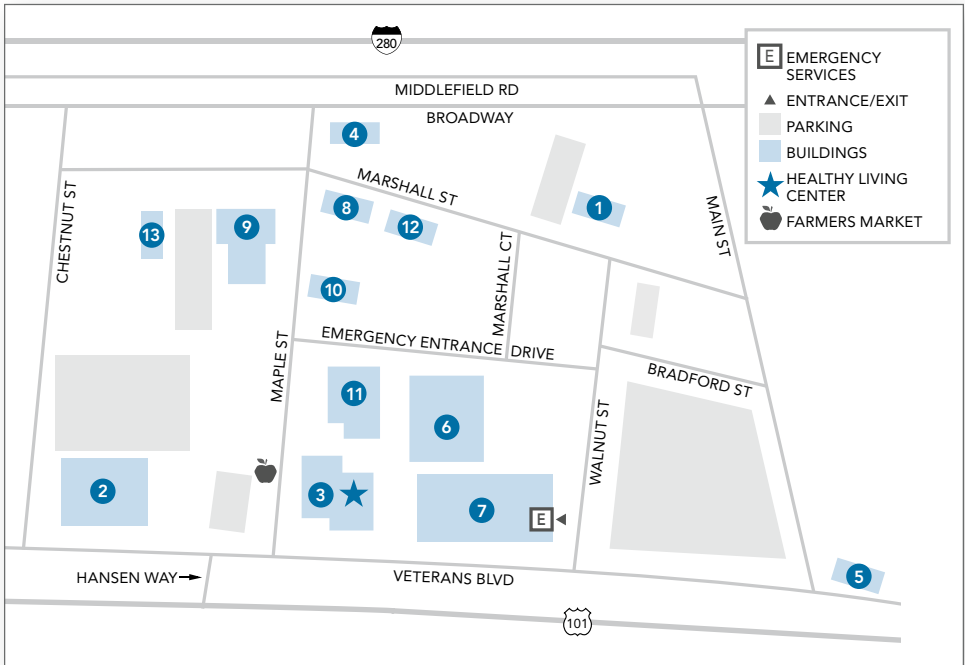
## Redwood City Medical Center

1190 Veterans Blvd.  
Cypress Building, 1st Floor  
**650-299-2433**  
**650-299-2735** (español)  
[kp.org/redwoodcity](http://kp.org/redwoodcity)

## Directions

**From the north:** Take Highway 101 to the Whipple Avenue exit. Continue on Whipple Avenue, which becomes Veterans Blvd.

**From the south:** Take Highway 101 to the Woodside-Seaport exit. Merge left going west onto Woodside. Go over the freeway and take the first right onto Veterans Blvd.



▲ Map not to scale



- 1 Birch Building**  
910 Marshall St.

Birch Pharmacy,  
Pediatrics/Teen Clinic
- 2 Building 1400**  
1400 Veterans Blvd.

Cast Room, Mental  
Health, Occupational  
Medicine, Orthopedics,  
Outpatient Rehabilitation  
Services, Physical  
Therapy
- 3 Cypress Building**  
1190 Veterans Blvd.

Business Office,  
Conference Rooms  
Cypress Pharmacy, EKG,  
Health Education  
Center, Injection Clinic,  
Internal Medicine,  
Cardiology,  
Gastroenterology,  
Oncology
- 4 Hearing Center**  
1800 Broadway St.
- 5 Home Health/Hospice**  
900 Veterans Blvd.
- 6 Tower Building**  
1150 Veterans Blvd.

*Basement:* Conference  
Rooms A, B, C, D;  
Mammography;  
Nutritional Services;  
Patient Care Services;  
Patient Mobility; Store  
Room; Ultrasound

*1st Floor:* Gift Shop,  
Information Desk,  
Laboratory, Radiology  
(X-ray), Perioperative  
Medicine Clinic,  
Respiratory Services

*3rd Floor:* EMG/EEG,  
ICU/CCU, Neurology,  
Neurosurgery

*4th Floor:* Head and  
Neck Surgery, Ob-Gyn
- 7 Hospital**  
1100 Veterans Blvd.

*1st Floor:* Admitting,  
Cafeteria, Emergency  
Department, Radiology/  
Imaging

*2nd Floor:* Meditation  
Room, Surgery Admit  
Unit, Surgery

*3rd Floor:* Nuclear  
Medicine

*4th Floor:* Labor and  
Delivery, Mother/Baby  
Unit, Nursery

*5th Floor:* Neuroscience  
Intensive Care Unit,  
Neuroscience Unit

*6th Floor:* Medical/  
Surgical Units,  
Telemetry Unit

*7th Floor:* Medical/  
Surgical Units
- 8 Magnolia Building**  
1175 Marshall St.

Social Services
- 9 Maple Building**  
910 Maple St.

Allergy, Dermatology,  
Eye Care Services,  
Optical Sales
- 10 MRI Building**  
925 Maple St.
- 11 Oak Building**  
975 Maple St.

Ambulatory Surgery,  
Surgery, Urology
- 12 Poplar Building**  
1125 Marshall St.

Conference Room,  
Employee Health,  
Human Resources
- 13 Willow Building**  
1291 Marshall St.

Facility Services,  
Member Services,  
Medical Secretaries,  
Patient Relations

## Kaiser Permanente San Mateo Medical Offices

1000 Franklin Parkway  
San Mateo, CA 94403

**650-358-7084**

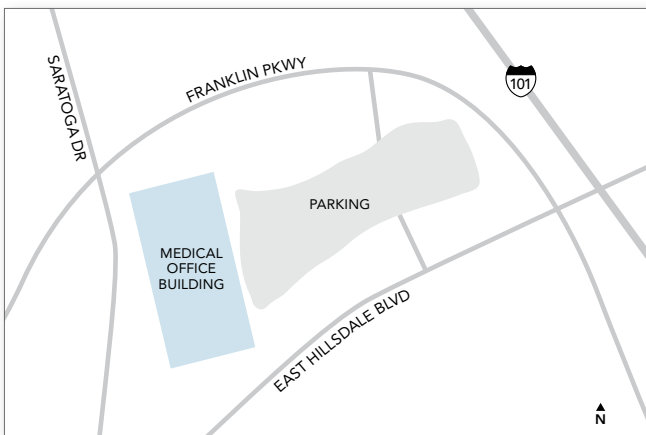
Monday–Friday, 9 a.m.–noon and 1–5 p.m.

### Directions

**From South Bay (101 North):** Take Highway 101 North toward San Francisco. Take exit 414A for Hillsdale Boulevard. Turn left at the light onto East Hillsdale Boulevard. Travel approximately 1/3 of a mile. Entrance will be on the right.

**From the North Bay (101 South):** Take Highway 101 South toward San Jose. Take exit 414A for Hillsdale Boulevard. Keep right at the fork. Follow signs for Hillsdale Boulevard West/San Mateo. Turn left at the first stoplight to entrance.

**From the East Bay (92 West):** Take Highway 92 West (partial toll road) toward the San Mateo Bridge. Take exit 13A to merge onto Highway 101 South toward San Jose. Take exit 414A for Hillsdale Boulevard. Keep right at the fork. Follow signs for Hillsdale Boulevard West/San Mateo. Turn left at the first stoplight to entrance.



▲  
N Map not to scale

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### Worksite Wellness—your key to a healthy workforce

A worksite wellness program is an effective way to encourage employees to lead healthier lives and be more productive.

By working with us, you can customize a worksite wellness package to fit your company. You can choose from a range of preventive screenings, classes, and tools, or we can partner with you to best meet your needs.

To learn more about our Worksite Wellness program and services, call Agnes Arzadon at **650-299-4464**.

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## Aging and Senior Health

### Fall Prevention

Learn about causes of falls and home safety checks. Get safety tips and exercises to improve your strength, balance, and coordination. *Members only.*

No class fee.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

### Life Care Planning

Life care planning helps prepare you for your future health care needs in case of an unexpected emergency or accident. This class is designed for you and your health care agent—the person you designate to speak for you if you're unable—to begin a discussion about your future health care interests. *Members only.*

No class fee.

**Sessions:** One 1.5-hour session

**Registration:** Call **650-299-2433**.

### Improving Your Bladder Health

In this overview, learn about common causes of urinary incontinence, as well as exercises, self-care, products, medications, and treatment options. *Members only.*

No class fee.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

## Alcohol and Drugs

### Alcoholics Anonymous (AA)

AA offers a variety of ongoing groups to support individuals and families dealing with alcohol addiction. These self-help groups meet at Kaiser Permanente facilities, but operate independently through AA. *Open to the community.*

No class fee.

**Information:** Call Alcoholics Anonymous at **650-577-1310** or visit [aa-san-mateo.org](http://aa-san-mateo.org).

### Chemical Dependency Services

Whether you're an adult, adolescent, or family member whose life is affected by chemical dependence, outpatient substance abuse services are available. *Members only.*

**Information:** Call **650-299-4778**.

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### Email your doctor

Find your doctor's home page on [kp.org/mydoctor](http://kp.org/mydoctor) to email him or her with routine medical questions. It's secure and convenient.

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## Bereavement

### Bereavement Support Group

If you are grieving over the loss of a loved one, you may feel better with the support of others in a similar situation. *Open to the community.*

No class fee.

**Location:** Bank of the West Building, 900 Veterans Blvd., 4th Floor

**Sessions:** Drop-in; second and fourth Wednesday of each month, 6:30–7:30 p.m.

**Information:** Call **650-299-3970**.

## Cancer

### Breast Cancer Survivors' Support Group

Share your experiences with other women in an environment of wellness. For women only. *Open to the community.*

No class fee.

**Sessions:** Drop-in; first Wednesday of each month, 6–7:30 p.m.

**Information:** Call **650-299-3213**.

### Cancer Support Group

This support group for cancer survivors meets twice monthly. Share your experience and help support others. *Open to the community.*

No class fee.

**Sessions:** Drop-in; first and third Thursday of each month, 3–5 p.m.

**Information:** Call **650-299-3213**.

### Look Good, Feel Better

If you are undergoing cancer treatment, looking better on the outside can help you feel better on the inside. Take this opportunity to pamper yourself, from skin care and makeup to stylish wigs and scarves. Bring a mirror to class. For women only. *Open to the community.*

No class fee.

**Sessions:** One 2-hour session

**Registration:** Call the American Cancer Society at **1-800-ACS-2345 (1-800-227-2345)** or visit **cancer.org**.

## Children's and Teen Health

### Childhood Immunization

This class is for parents of children 2 or younger who would like more information about childhood immunizations. We'll discuss how vaccines work, review recommended vaccine schedules, and talk about common questions and concerns. Parents can bring babies younger than 9 months to class. *Members only.*

No class fee.

**Sessions:** One 1-hour session

**Registration:** Call **650-299-2433**.

Also offered in San Mateo! Call **650-358-7084** for details.

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### Pediatric telephone and video appointments

Schedule a telephone or video appointment with your child's pediatrician or a trusted colleague. *Just think: a doctor visit without a trip to the medical center! Not all health concerns are right for a telephone or video appointment. Call the Appointment and Advice Call Center to determine if these options are suited to your needs.*

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### Feeding Your Young Child: Overview

Take the worry out of feeding your young child. Learn how to determine the right amount and types of food to serve children. Learn tips on how to deal with feeding challenges common in toddlers and preschoolers, and how to help your child develop healthy eating habits for life. *Members only.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

## Healthy Eating, Active Living for Kids and Families

Healthy habits begin at home. We'll cover basic nutrition principles and suggest ways to increase energy and fitness with activities the whole family can enjoy. Parents and their school-age children can learn together how to create a healthy lifestyle. The class is taught by a registered dietitian who specializes in family dynamics and healthy living. *Open to the community.*

This is a covered benefit for members; \$20 nonmembers.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

## Chronic Conditions



### Managing Your Back Pain

This online program helps you manage back pain and return to your normal activities. It includes short videos that demonstrate posture tips and strengthening exercises to help you manage your pain now, get better faster, and reduce the risk of pain returning in the future. Find this feature at [kpdoc.org/backpainprogram](http://kpdoc.org/backpainprogram).

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### Portable Electronic Medical Record

With a Portable Electronic Medical Record (PEMR) flash drive, any physician with a computer can review a summary of key portions of your recent medical history—including your allergies, office visits, lab results, and X-rays. The device is \$5 and updates are offered at no cost. To get a PEMR flash drive, go to the Medical Secretaries Department or Member Services Department at the facility nearest you.

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### Managing Your Headaches

Learn about headache types and triggers, and discover ways to help manage and prevent them with this online program. Find this feature at [kpdoc.org/headachesprogram](http://kpdoc.org/headachesprogram).

## Diabetes

### Prediabetes

Learn how to help prevent or delay the onset of diabetes by eating well and exercising. These healthy lifestyle changes will help you take charge of your health to reduce your risk of diabetes and its complications. *Members only. Available in Spanish.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2568**.

Online registration is available for this class through [kp.org/appointments](http://kp.org/appointments).

### Diabetes Basics

Feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. Please bring your blood glucose meter to class. *Members only. Available in Spanish.*

This is a covered benefit for members.

**Sessions:** One 3-hour session

**Registration:** Call **650-299-2568**.

Online registration is available for this class through [kp.org/appointments](http://kp.org/appointments).

## Diabetes Basics Part 2

Are you ready to learn more about two key areas of diabetes management: healthy eating and proper use of medications? Get tips on planning meals, counting carbohydrates, and reading food labels. With smart planning and balanced choices, a healthier lifestyle can still taste great. Discover how medications can be an important tool to help get your blood sugar under control and reduce the risk of complications such as blindness, kidney disease, stroke, and heart attack. *Members only. Available in Spanish.*

This is a covered benefit for members.

**Sessions:** One 1.5-hour session

## Living Well with Diabetes

Take your diabetes self-management to the next level. Come learn new skills for making smart food and exercise choices that can help keep your blood sugar levels within range, while also learning to handle the stress and emotions related to diabetes. Prerequisite: Diabetes Basics. *Members only. Available in Spanish.*

This is a covered benefit for members.

**Sessions:** Four 2-hour sessions

**Registration:** Call **650-299-2568**.



## Living Well with Diabetes Made Easier

Get tips on how to make healthy food choices, exercise more, and take your diabetes medications to keep you feeling healthy and well. Learn more at [kp.org/mydoctor/diabetes](http://kp.org/mydoctor/diabetes).

## Complementary Medicine and Fitness

Moderate exercise is safe for most people, but you should talk to your doctor before starting any exercise program, especially if you have an ongoing condition or injury. With all forms of exercise, it's wise to start slowly, listen to your body, and increase intensity gradually.



## Health Coach: Let's Get Physical

Become more physically active and find the motivation and tools needed to make lasting health changes. You'll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at [kpdoc.org/healthcoach/](http://kpdoc.org/healthcoach/).

## Tai Chi

The Chinese practice of tai chi combines steady, flowing movements and deep breathing to promote flexibility, circulation, and balance. It may also help reduce stress, pain, and other symptoms of ongoing conditions. People of all ages and fitness levels are welcome to participate. *Open to the community.*

\$96 members; \$120 nonmembers.

**Sessions:** Eight-week series

**Registration:** Offered in San Mateo! Call **650-358-7084**.

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## RELATED CLASSES

- Nutrition and weight management programs, pages 23–24
-



## Some things are easier to remember than others.

Let us help you remember things like immunizations and appointments.



### KP Preventive Care App

- Health reminders
- Video visits
- Email your doctor



Download the app on your smartphone.



Certain features of the app apply only to care you receive at Kaiser Permanente facilities. App Store is a service mark of Apple, Inc. Google Play is a trademark of Google, Inc.



# life AMPLIFIED

Start hearing—and living—better today with a professionally fitted hearing device from a Kaiser Permanente Hearing Center. Our licensed audiologists are here to help you choose from a wide range of hearing products to fit your personal needs and lifestyle.

To learn more or to schedule a consultation, call **650-299-2977** or **800-735-2922** (TTY) or visit [kphearingcenters.com](http://kphearingcenters.com).


1800 Broadway St., Suite 5, Redwood City

Kaiser Permanente members have coverage for medically necessary hearing tests, and some members may have coverage for hearing aids. Otherwise, the services described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits 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. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your covered health plan benefits, please see your *Evidence of Coverage*. Photo of models shown, not actual patients.

[kphearingcenters.com](http://kphearingcenters.com)

 **KAISER PERMANENTE**®





*"My weight no longer  
defines me. I DO."*

—Catherine kept off  
more than 140 lbs. <sup>1</sup>

# TRANSFORM

your habits, your health, your life

Lose an average of 40 pounds in 4 months—and learn to keep in off—with our Medical Weight Management program. Sign up for a no cost orientation session at [kphealthyweight.com/weightorientations](https://kphealthyweight.com/weightorientations).

<sup>1</sup> Patient's weight recorded at week 295. Individual results may vary. Average weight loss is 48 lbs in 30 weeks. 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. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services 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 Health Plan. If you are a Health Plan member, please check your *Evidence of Coverage*.

[kphealthyweight.com](https://kphealthyweight.com)

 **KAISER PERMANENTE**®

# Register for My Health Manager



With My Health Manager on [kp.org](http://kp.org), you can take charge of your health securely online – 24 hours a day, 7 days a week. Registering is one of the most important things you can do as a member.

## It's as easy as 1-2-3

In five minutes you'll get 24/7 access to our online tools for managing your health.

- 1 Have your medical record number handy.
- 2 From your computer, go to [kp.org/registernow](http://kp.org/registernow).
- 3 Enter some basic information and answer a few security questions.

For questions or help with registering, call **1-800-556-7677**.

## Manage your health anytime, anywhere

Once you're registered, you can start using My Health Manager to stay on top of the care you receive at any of our facilities in the region. You can also use My Health Manager to act on behalf of a family member.



Download the  
KP app.



Visit [kp.org](http://kp.org)  
from your  
computer.

# General Health and Wellness

## Healthy Relationships Group

This support group can provide a safe place to talk and hear from others about developing healthy relationships and moving past unhealthy situations. *Open to the community.*

**Sessions:** Drop-in; every Monday, 4–5:30 p.m.

**Location:** Building 1400, 4th Floor, Group Room 2

**Information:** Call **650-299-2433**.

## CPR and First Aid

Learn life-saving CPR as well as important first-aid measures. Special techniques for use with children and infants are discussed. Participants receive a two-year CPR and First Aid Infant/Child and Adult certification. *Open to the community.*

Call for class fee.

**Sessions:** Call for details

**Registration:** Call Health Education Services of Menlo Park at **650-321-6500** or visit **healtheducationerservices.net**.

## Essential Tremor Support Group

This group is for people who have essential tremor or who have a family member with the condition. Also open to those with Parkinson's disease, dystonia, or other tremor symptoms. The group is led by an International Essential Tremor Foundation instructor. *Open to the community.*

No class fee.

**Information:** Call **650-299-2433**.



## Brain Tumor Support Group

This online support group is available to support patients and families through peer support and education by professional guests. Discover how others have coped with challenges and discover ways improve quality of life. This group is led by a facilitator and often includes guest speakers. The group meets via Webex. *Open to the community.*

**Sessions:** Third Thursday of each month, 4–6 p.m.

**Registration:** Email **KP-NeuroOnc@kp.org** prior to the meeting to receive a Webex link.

## Health Lecture Series

Kaiser Permanente and the Redwood City Public Library and Fair Oaks Library have joined efforts to provide a health lecture series. You're invited to join us for different health-related topics that vary from month to month. Guest speakers include physicians, nurses, clinical health educators, registered dietitians, and other health experts. This is a great opportunity to learn and ask questions. The lectures are open to the community, so bring your family and friends!

No class fee.

**Location:** Redwood City Public Library and Fair Oaks Library

**Information:** For current lecture topics, dates, and locations, call **650-299-2433**.

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## Member services

For answers to all of your benefits questions, call our Member Service Contact Center at **1-800-464-4000**, 24 hours a day, 7 days a week (closed holidays). For TTY service for the deaf, hard of hearing, or speech impaired, call **711**.

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## Laser Vision Correction Seminar

If you are nearsighted, farsighted, or have astigmatism, and you feel that glasses or contact lenses limit your activities, laser vision correction may be the right choice for you.

**Information:** Call **1-877-582-5748**.

Kaiser Permanente members typically have coverage for medically necessary eye examinations, which are generally conducted at Kaiser Permanente facilities. Otherwise, the services described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, 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 vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

## Heart and Circulatory Health

### Understanding Your High Blood Pressure

Controlling high blood pressure (also known as hypertension) can reduce your risk of heart disease, stroke, and kidney failure. Join us to learn about high blood pressure and how eating well, moving more, lessening stress, and managing medications can tame high blood pressure. *Members only. Available in Spanish.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2568**.

## Cholesterol and Your Heart

Learn how exercise and a heart-healthy diet can lower your cholesterol, improve your overall health, and reduce your risk for heart attack and stroke. *Members only. Available in Spanish.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2568**.

## Ways to a Healthier Heart

Recovering from a heart attack or heart surgery? Making lifestyle changes now will help you live a healthy and active life. Learn how you can eat right, exercise, and manage your stress to promote a healthy heart. Mandatory for all Multifit Program participants. *Open to the community.*

This is a covered benefit for members; \$48 nonmembers.

**Sessions:** Two 2-hour sessions

**Registration:** Call Appointment Services at **650-299-2521**.

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## Healthy lifestyle programs

Take advantage of no cost online wellness programs from HealthMedia® designed to help you assess your behaviors and improve your health. Choose a program and we'll guide you through an evaluation and tailor the program to fit your individual needs. Not sure where to start? Take our Total Health Assessment to identify key changes that could make the most impact on your health. Access these features at [kp.org/healthylifestyles](https://kp.org/healthylifestyles).

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## Living Better with Heart Failure

Heart failure can be managed. Join us and discover how you can feel better each day through self-management, exercise, and healthy eating. Caregivers or loved ones are encouraged to attend with you. *Members only.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-3583**.

## Multifit Program

If you have recently had a heart attack, bypass surgery, angioplasty, or stent placement, this program, which is six months to one year, is for you. Prerequisite: Ways to a Healthier Heart. *Members only.*

Office visit cost share applies.

**Registration:** Physician referral required.

## Mental, Emotional, and Behavioral Health

### Managing Anger Series

When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. Note: This series does not satisfy the court-ordered treatment required for domestic violence. We don't allow couples in this class. *Open to the community.*

\$100 members; \$200 nonmembers.

**Sessions:** Eight 2-hour sessions

**Registration:** Call **650-299-2433**.

## Understanding Your Anxiety Series

In this series, you'll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We'll help you explore your thoughts and learn to approach instead of avoid what you fear. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness.

Prerequisite: Pathways to Emotional Wellness. *Open to the community.*

No class fee for members;  
\$80 nonmembers.

**Sessions:** Six 2-hour sessions

**Registration:** Call **650-299-2433**.

## Couples Communication Series

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This series is specifically designed for couples in committed relationships. *Open to the community.*

\$175 members; \$275 nonmembers.

**Sessions:** Eight 2-hour sessions

**Registration:** Call **650-299-2433**.

## Managing Depression Series

In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You'll also learn techniques to relax and approach your life with mindfulness. Prerequisite: Pathways to Emotional Wellness. *Members only.*

This is a covered benefit for members.

**Sessions:** Six 2-hour sessions

**Registration:** Call **650-299-2433**.

## Mind-Body Medicine for Stress

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself.

Prerequisite: Pathways to Emotional Wellness. *Open to the community.*

This is a covered benefit for members; \$150 nonmembers.

**Sessions:** Eight 2-hour sessions

**Registration:** Call **650-299-2433**.

## Mindfulness: An Awareness-Based Approach to Stress Reduction

Learn mindfulness meditation and meditative movement exercises that can enhance your ability to relax, manage stress, and enjoy greater energy and enthusiasm. You'll receive a copy of *Full Catastrophe Living* by Jon Kabat-Zinn and two audio CDs for home use. We recommend attending the free 1.5-hour orientation before registering for this nine-session class. *Open to the community.*

No class fee for orientation; \$175 members; \$275 nonmembers.

**Sessions:** Eight sessions and one Saturday retreat

**Registration:** Call **650-299-2433**.

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## Clinical health educators

Our clinical health educators provide individual guidance and support for a range of health concerns. You can get help to reduce stress, manage chronic conditions, quit tobacco, lose weight, and more. There is no fee for this service. *Members only.* For more information, call **650-299-2568**.

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## Pathways to Emotional Wellness

Your thoughts and emotions can affect your physical well-being. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. Also explore a variety of other resources to help you take your next steps on the path to emotional wellness. *Open to the community.*

This is a covered benefit for members; \$10 nonmembers.

**Sessions:** One 2.5-hour session

**Registration:** Call **650-299-2433**.



## Health Coach: Stress Less

Learn to relax and find the motivation and tools needed to make lasting health changes. You'll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at [kpdoc.org/healthcoach](http://kpdoc.org/healthcoach).

## Improving Your Sleep

Want to fall asleep quicker, sleep more soundly, and awaken feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them. This class *does not* address medical conditions that interfere with sleep.

No class fee for members; \$150 nonmembers.

**Sessions:** Five 2-hour sessions

**Registration:** Call **650-299-2433**.



## Health Journeys Guided Imagery Programs

Guided imagery is a type of relaxation exercise designed to engage your mind, body, and spirit. These podcasts, available through your doctor's home page at [kp.org/mydoctor](http://kp.org/mydoctor), can help you ease pain, relieve stress, get healthful sleep, and prepare for surgery.

# Nutrition and Weight Management



## Health Coach: S.M.A.R.T. Eating

Improve your eating habits and find the motivation and tools needed to make lasting health changes. You'll receive short video coaching sessions via email, along with tips and support materials to help you stay on track.

Find this feature at [kpdoc.org/healthcoach](http://kpdoc.org/healthcoach).

## Healthy Weight Series

Discover the confidence and skills you need to reach and maintain a healthy weight. Topics include healthy eating for weight loss, making physical activity a part of your daily life, building a strong support network, and coping with stress. Prerequisite: Managing Your Weight or wellness coaching by phone. *Open to the community.*

This is a covered benefit for members; \$120 nonmembers.

**Sessions:** Eight 2-hour sessions

**Registration:** Call **650-299-2433**.

Online registration is available for this class through [kp.org/appointments](http://kp.org/appointments).



## Healthy Weight Online Series

Learn how to achieve a healthy weight with this six-week online version of our Healthy Weight Series. Join this interactive series from the comfort of home. You will need a phone and a computer with Internet access to participate. *Members only.*

Call for class fee.

**Sessions:** Six 1-hour sessions

**Registration:** Call **650-299-2433**.



## In the Kitchen with Carole

In this audio series, Carole Bartolotto, a registered dietitian at Kaiser Permanente, will guide you through your kitchen to identify unhealthy foods and healthier alternatives. Find this podcast through your doctor's home page at [kp.org/mydoctor](http://kp.org/mydoctor).

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## Farmers market

Feast your senses—and boost your health—with fresh produce from our farmers market. The market is open Wednesdays, 10 a.m. to 2 p.m., spring through fall. For more information, call **650-299-2433**.

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## Managing Your Weight

Do you want to lose weight but don't know where to start? This workshop will help you determine the best way to achieve your weight loss goals based on your unique needs and preferences. We will help you develop a personalized action plan that includes resources to help you every step of the way. *Open to the community. Available in Spanish.*

No class fee for members; \$10 nonmembers.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

Online registration is available for this class through [kp.org/appointments](http://kp.org/appointments).

## Medical Weight Management Program (Orientation 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. The long-term program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. 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.

**Sessions:** For orientation, dates, and times, go to [kphealthyweight.com/weightorientations](https://kphealthyweight.com/weightorientations).

**Registration:** Call **650-299-4999** or visit [kphealthyweight.com/weightorientations](https://kphealthyweight.com/weightorientations).

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. Clinical services are provided by providers or contractors of The Permanente Medical Group. 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.

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## Podcasts

Don't have time to take a health class? Check out our Healthy Living To Go podcasts. Topics include exercise tips, stress management strategies, walking for health, quitting tobacco, enjoying healthy pleasures, and more. Find podcasts on your doctor's home page at [kp.org/mydoctor](https://kp.org/mydoctor).

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## Nutrition Advice Line

Get advice from a registered dietitian. Members can call any time to leave a message and receive a call back within three business days. Call **650-299-2568**.

## Telephonic Wellness Coaching for Weight

Your personal coach can help develop a healthy weight plan, discuss resources, and provide personalized support to help you reach your goals. Call **1-866-251-4514** to make an appointment.

## Thriving on a Plant-Based Diet

Plant-based eating is the latest trend for optimal wellness, aiming to supercharge your health by incorporating plenty of vegetables, fruits, legumes, nuts/seeds, and whole grains. Learn how a plant-based diet can help you lose weight, fight chronic disease, and turn your health around. This class includes two cooking demonstrations. *Open to the community.*

\$50 members; \$75 nonmembers.

**Sessions:** Four 2-hour sessions

**Registration:** Call **650-299-2433**.

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## RELATED CLASSES

- Complementary Medicine and Fitness classes, page 14
  - Healthy Eating, Active Living for Kids and Families, page 13
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# Parenting

## Baby Sign Language Introductory Workshop

Baby sign language teaches parents to communicate with babies long before babies can verbalize their wants and needs. Signing has been proven to help accelerate language development, enhance a child's self-esteem, and deepen the bond between parent and child. The workshop is designed for parents-to-be and parents of children 18 months or younger. You are welcome to bring your baby, but it's not required. *Open to the community.*

\$40 per individual; \$70 per couple.

**Sessions:** One 1.5-hour Saturday session

**Registration:** Call **650-299-2433**.

## Baby Sign Language Playgroup Series

Build your sign language vocabulary through songs, games, and activities. The playgroup series is designed for parents-to-be and parents of children 18 months or younger. You are welcome to bring your baby, but it's not required. It's recommended that you attend the Baby Sign Language Introductory Workshop before enrolling in this series. *Open to the community.*

\$150 per individual; \$230 per couple.

**Sessions:** Six 1-hour Saturday sessions

**Registration:** Call **650-299-2433**.



## Online Newsletters for Parents

New parent? Already raising a family? Get trusted information from Kaiser Permanente doctors delivered right to your inbox. Sign up for one or more of our newsletters, customized to your child's age and stage at [kpdoc.org/parentnewsletters](http://kpdoc.org/parentnewsletters).

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## RELATED CLASSES

- Childhood Immunization, page 12
- Healthy Eating, Active Living for Kids and Families, page 13

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## Pregnancy to New Baby

Early registration is recommended for all childbirth classes. Space is limited and not guaranteed. Partners are encouraged to attend unless otherwise noted.



## Your Pregnancy

We're with you every step of the way. Find pregnancy classes, take online tours of Labor and Delivery centers, get trusted information about your developing baby and changing body, and sign-up to get weekly e-mail updates on what to expect during your pregnancy and at each prenatal visit. Learn more at [kp.org/mydoctor/pregnancy](http://kp.org/mydoctor/pregnancy).

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## Breast pumps and supplies

Breast pumps allow you to continue breastfeeding even after you return to work or engage in other activities. Visit our Healthy Living Centers for a full line of breastfeeding products.

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## Breastfeeding

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. *Members only.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

## Early Pregnancy

This class can help you understand and prepare for the physical and emotional changes you can expect in the first three months of your pregnancy. We'll discuss common discomforts and remedies, prenatal screening tests, and fetal development. We'll also offer tips for eating well, staying active, and keeping yourself and your baby healthy. *Take this class early in your first trimester. Partners are welcome. Members only.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

## Labor and Delivery Tour

Take a guided tour of our Redwood City Medical Center Labor and Delivery area. See where your baby will be born and learn about all the resources available to you. No children younger than 12, please. *Members only.*

No class fee.

**Sessions:** One 1.5-hour session

**Registration:** Call **650-299-2433**.



## Labor and Delivery Virtual Tour

Take a virtual tour of our Redwood City Medical Center Labor and Delivery area, meet the staff, and learn about the services available to you during your childbirth journey, all online. Find the tour link through your Ob-Gyn's home page at **kp.org/mydoctor**.

## The Midwife Class

Certified nurse midwives (CNMs) provide care for women with low-risk pregnancies at our San Mateo and Redwood City facilities. In this session, you'll have an opportunity to meet our midwives and ask any questions you may have about the care they provide. *Partners are welcome. Members only.*

No class fee.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

## Mid-Pregnancy

During the middle stage of pregnancy, expect even more dramatic changes to your body. In this class, we'll help you understand these changes, and tell you how to help keep your energy level high by eating well and exercising. We're here to support you in handling all the changes that come with pregnancy, and inform you of how to relieve common discomforts. *Take this class when you are 18 to 22 weeks pregnant. Members only.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

## Newborn Care

Wouldn't it be nice if babies came with instruction manuals? In this class, we'll teach you the information and skills you need to feel confident about caring for your newborn. We'll cover essential topics such as feeding, bathing, diapering, and when to call your physician. *Members only.*

This is a covered benefit for members.

**Sessions:** One 3-hour session

**Registration:** Call **650-299-2433**.

## Prenatal Toning

In this class, our certified prenatal exercise instructor will show you exercises that will help keep you healthy and fit during pregnancy and after you deliver. *Members only.*

No class fee.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-2433**.

## Preparing for Childbirth

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery, and understand your options for managing labor and using a birthing coach for support. Bring pillows or a mat, as some of the exercises are performed on the floor. A tour of our Redwood City Medical Center Labor and Delivery area is usually included. Early registration is recommended. *Take this class during the last three months of pregnancy. Members only.*

This is a covered benefit for members.

**Sessions:** Three 3-hour sessions or one 1-day intensive session

**Registration:** Call **650-299-2433**.

## Baby and Me Support Group

This group is designed to provide information and support for new parents. Bring your baby and discuss common issues and topics with our physicians and other parents. Some weeks feature select guest speakers. *Open to the community.*

No class fee.

**Sessions:** Drop-in; every Wednesday, 11 a.m.–12:15 p.m.

**Information:** Offered in San Mateo! Call **650-358-7084**.

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## Video visits

The next time you need to see your doctor, ask if a video appointment is appropriate for your symptoms or condition. Visit [kp.org/mydoctor/videovisits](https://kp.org/mydoctor/videovisits) for more information.

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## Emotional Well-Being in Postpartum and Pregnancy Support Group

Pregnancy and postpartum bring big changes and new challenges, which can lead to anxiety and depression. Join new and expecting moms to learn from each other how to stay emotionally healthy as you transition into this new and important role. This group is open to women in their last trimester or with babies in their first year of life. Babies are welcome! *Members only.*

**Sessions:** Every Monday, noon–1 p.m.

**Location:** Department of Psychiatry, 1400 Veterans Blvd., 4th Floor

**Registration:** Call **650-299-4777**.

# Respiratory Health

## Understanding Your Asthma

Learn how to identify and avoid things that trigger your asthma flare-ups. Learn about the different types of asthma medications and how and when to use them effectively to help prevent and relieve symptoms. Please bring your asthma medications, peak flow meter, and Aero-Chamber spacer to the workshop. *Members only.*

This is a covered benefit for members.

**Sessions:** One 2-hour session

**Registration:** Call **650-299-3727**.

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## My KP Meds

My KP Meds is a medication reminder app that helps you learn and track a new or complex medication dosing schedule. View your own list of medications from your Kaiser Permanente medical record, set reminders, take helpful photos of your pills and share your medication list with others. Available on Google Play and the App Store.

App Store is a service mark of Apple, Inc.  
Google Play is a trademark of Google, Inc.

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# Smoking and Tobacco Cessation

## Clinical Health Educator Office Visit

Meet one-on-one with an educator to develop a quit plan, identify triggers, and learn about medications that can help to lower your cravings and lessen withdrawal symptoms. *Members only.* No class fee.

**Sessions:** Series of 30-minute office telephone, or video visits

**Registration:** Call **650-299-2568**.

## Ex-Smokers' Support Group

This group provides a supportive atmosphere where you can share ways to manage cravings and recognize warning signs of relapse. *Open to the community.*

No class fee.

**Sessions:** Drop-in, once a month

**Information:** Call **650-299-2433**.

## Freedom from Tobacco

Declare your freedom and join our tobacco-cessation program. Learn about overcoming nicotine addiction, developing a personal quit plan, coping with withdrawal, and how optional medications can increase your success at quitting. *Open to the community.*

This is a covered benefit for members; \$50 nonmembers.

**Sessions:** Seven 2-hour sessions in four weeks

**Registration:** Call **650-299-2433**.

Online registration is available for this class through [kp.org/appointments](http://kp.org/appointments).



## HealthMedia® Breathe®: Quit Smoking Program

This award-winning program gives you a personalized quit plan to decrease dependency, manage withdrawal, and handle cravings. Log on to [kp.org/healthylifestyles](http://kp.org/healthylifestyles). Once you complete the questionnaire, you'll receive a guide tailored to your individual needs and preferences.

## Quit Tobacco Workshop

Get a better understanding of nicotine addiction and learn about the resources available to help you quit. This workshop will help you find tools to develop your own plan to quit using tobacco. *Open to the community.*

This is a covered benefit for members; \$15 nonmembers.

**Sessions:** One 3-hour workshop

**Registration:** Call **650-299-2433**.



## Quit Tobacco Medications

Need help quitting smoking or tobacco? Quitting cold turkey can be tough. Visit [kpdoc.org/tobaccomedications](http://kpdoc.org/tobaccomedications) to learn about medications that can help you feel better and cope with withdrawal symptoms.

## 🐦 KP Physicians on Twitter

Follow our physicians experts on Twitter for helpful tips and inspiration to help keep you and your family healthy at all stages of life. Visit [kp.org/mydoctor/twitter](http://kp.org/mydoctor/twitter) to learn more.

## Women's Health

### Improving Your Bladder Health

This class is designed for women who would like more information about incontinence and treatment options. Participants will learn about the types and causes of incontinence, self-help treatment methods, diet effects, Kegel exercises, and clinical options for treatment. *Members only.*

No class fee.

**Sesiones:** One 2-hour session

**Registration:** Call **650-299-2433**.



### Bladder Control for Women Video

This video covers Kegel exercises, bladder training, timed voiding, and other lifestyle modifications proven to help women regain control. Find this video by using the search feature on your physician's home page at [kp.org/mydoctor](http://kp.org/mydoctor).

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## RELATED CLASS

- Breast Cancer Survivors' Support Group, page 12
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## Programas en Español

### El colesterol, la hipertensión arterial y su salud

Aprenda cómo el colesterol y la presión arterial alta (hipertensión) están relacionados con la salud del corazón. Le ayudarán a leer y entender sus resultados del colesterol y de la presión arterial alta para que usted pueda controlar su problema médico. Algunos temas incluyen comidas saludables y comidas bajas en grasa, actividad física, etiquetas de nutrición y mucho más. Aprenda a vivir bien. Se requiere preinscripción. *Sólo miembros.*

Este es un beneficio cubierto para los miembros.

**Sesiones:** Una sesión de 2 horas

**Inscripción:** Llame al **650-299-2568**.

### Prediabetes y manejo del peso

Prevenga o demore el inicio de la diabetes, comience con un estilo de vida saludable: comiendo correctamente, haciendo más ejercicio y reconociendo los hechos asociados. Esta clase le ayudará a hacerse cargo de su salud. Aprenda a perder peso y reducir su riesgo de diabetes y sus complicaciones. Junto con el consejo de su doctor o su enfermera especializada, estamos aquí para ayudarle. Se requiere preinscripción. *Sólo miembros.*

Este es un beneficio cubierto para los miembros.

**Sesiones:** Una sesión de 2 horas

**Inscripción:** Llame al **650-299-2568**.

## Diabetes: lo básico

Siéntase mejor y manténgase activo y saludable obteniendo información básica sobre el control de la diabetes de tipo 2. Explore las cinco áreas clave para el control de la diabetes de tipo 2: alimentarse bien, hacer ejercicio, llevar el control de los niveles de azúcar en la sangre, usar correctamente los medicamentos y controlar el estrés. Traiga su monitor de glucosa a la clase. *Sólo miembros.* Este es un beneficio cubierto para los miembros.

**Sesiones:** Una sesión de 3 horas

**Inscripción:** Llame al **650-299-2568**.

## Peso saludable

Aprendera como perder y manejar su peso. Temas de clases: como balancear comidas, como evitar obstáculos y como ser mas activo. Aprendera a crear nuevos cambios de estilo de vida y sentirse mejor. *Sólo miembros.*

Este es un beneficio cubierto para los miembros.

**Sesiones:** Una series de 6 clases, 2 horas por clase

**Inscripción:** Llame al **650-299-2735**.

## Viva bien

Los talleres de Viva Bien son diseñados para darle un entendimiento a varias maneras de vivir mejor y saludable. Actividades in clases y oportunidad de ganar premios. *Sólo miembros.*

Este es un beneficio cubierto para los miembros.

**Sesiones:** Una sesión cada cuarto Jueves de cada mes a las 5:30–7 p.m.

## La diabetes y su salud

¡Viva bien con su diabetes! Este curso educativo ofrece información sobre la alimentación saludable, el ejercicio, los medicamentos, cómo medirse el azúcar en la sangre, las complicaciones y la guía de auto cuidado. Usted aprenderá a manejar satisfactoriamente su diabetes por medio de la información, actividades presentadas y las experiencias compartidas. Estas clases se imparten en español. Se requiere pre-inscripción. *Sólo miembros.*

Este es un beneficio cubierto para los miembros.

**Sesiones:** Cuatro sesiones de 2 horas

**Inscripción:** Llame al **650-299-2568**.

## Cómo empezar a usar la insulina

Aprenda cómo la insulina le puede ayudar. Si usted y su proveedor de salud concuerdan en que necesita insulina para mantener su diabetes bajo control, entonces este programa es para usted. Descubra los mitos y verdades sobre la insulina, y aprenda a inyectársela cómoda y fácilmente. ¡Traiga sus preguntas sobre la insulina y se las contestaremos!

**Inscripción:** Llame al **650-299-2568**.

## Viviendo con diabetes

Esta es una clase de Grupo de Apoyo que proporciona material educativo y apoyo para ayudar desafíos de la diabetes y su estilo de vida.

Este es un beneficio cubierto para los miembros.

**Sesiones:** Una sesión en el primer miércoles de cada mes a las 3–4 p.m.

## Cómo dejar de fumar

Programa especial para ayudar a las mujeres embarazadas y después del parto en el Condado de San Mateo a dejar de fumar definitivamente.

**Inscripción:** Llame al **650-573-2462**.

## Visita a la sala de partos

Infórmese sobre lo que usted y su pareja deberán hacer cuando sea el momento de dar a luz en nuestro Redwood City Medical Center. Vea nuestra sala cuna y nuestra sala de partos e infórmese sobre lo que puede suceder durante el parto. La clase se ofrece en inglés y español. No se admiten niños menores de 12 años. *Sólo miembros*.

Sin costo de la clase.

**Inscripción:** Llame al **650-299-2735**.

## Caminos hacia una buena salud emocional

Usted aprenderá:

- Que es el estrés, la ansiedad y la depresión y cómo afecta su cuerpo
- La diferencia entre el estrés diario y el estrés que causa la tensión interna
- Aprenderá los síntomas de ansiedad y depresión
- Tratamientos y herramientas beneficiosas para el manejo de los síntomas

Sin costo de la clase.

**Sesiones:** Una sesión de 2.5 horas

**Inscripción:** Llame al **650-299-2735**.

## Citas y grupos para mejorar su salud mental y emocional

Tenemos programas que le ofrece citas individuales y en grupo.

Sugerencias que le ayudaran a solucionar los problemas relacionados con el estrés, la ansiedad, y la depresión el cual nos afecta tanto individualmente como a nuestras familias. *Sólo miembros*.

Sin costo de la clase.

**Inscripción:** Llame al **650-299-4768**.

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## Consejos para la salud de usted y su familia

Síganos en Twitter para obtener consejos que lo mantendrán a usted y a su familia saludables. Tweets bilingües del Dr. Jesús Rodríguez, un médico de atención primaria que habla su idioma.

 Follow @KPbuenasalud





# Su familia. Su salud.

[kp.org/mydoctor/español](http://kp.org/mydoctor/español)

Creado con la ayuda de nuestros médicos bilingües, conocedores de la cultura latina, La Salud Permanente le da las herramientas, los consejos y la información necesaria para ayudarle a usted y a su familia a vivir bien. Todo en español.

**SIGA** las vidas de familias como la de usted a través de nuestras motivadoras fotonovelas, que le muestran situaciones auténticas y la forma en que sus personajes enfrentan y superan sus desafíos de salud.

**DISFRUTE** nuestros videos en los que nuestros médicos bilingües dan respuesta a importantes preguntas de salud.

**LEA** nuestras breves fotonotas bellamente ilustradas, que le brindan oportuna información de salud, además de consejos para mantener el bienestar tanto suyo como de su familia.

**CONÉCTESE** con su médico en línea. Vea sus resultados de laboratorio, programe sus citas y resurta sus medicamentos.