

Staying Healthy

2020 Women's Health Resources

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION DEPARTMENT



Healthy Living Programs

Fitness for Women

We present a powerful, unique approach to fitness for women 40 and over. This program combines fitness techniques to help members reap the rewards of a leaner body, more energy, and an overall sense of physical and mental well-being. Workouts combine cardiovascular, endurance, strength, and flexibility training to deliver balanced results. Please wear fitness shoes and comfortable workout clothes. Please bring your own mat. *Open to the community.*

Fee: \$59 for members; \$92 for nonmembers

Dates/times: Eight-session class, Tuesday and Thursday, 5:30–6:30 p.m.

Bone Health and Falls Prevention

Now offered as part of Senior Health Series Has your doctor told you that you have osteoporosis or osteopenia? Have you had a bone fracture since the age of 50? Do you want to reduce your risk for fractures and poor bone health in the future? Join our physical therapist in a discussion of risk factors, nutrition, exercises to strengthen bone, self-assessment of posture and balance, and lifestyle changes that can help. This new curriculum includes Falls Prevention, and reviews the best ways to reduce the risk of injury from falls. *Open to the community.*

Fee: No fee

Dates/times: Various. Please call Health Education 415-833-3450 for upcoming dates, times, and locations.

Your Health Online Shortcuts to better health at kp.org

kp.org/espanol – content in Spanish

kp.org/mydoctor –

- Select and communicate with your doctor
- Click on “Women” under “Staying Healthy” and Classes for links to Birth Control, Cervical Cancer (Pap Test), Menopause and much more!

kp.org/watch – view health videos online, such as:

- Bladder Control
- Family Violence
- Healthy Shopping and Cooking
- Preventing Falls

kp.org/womenshealth – Women's guide to good health

Stay Connected on your smart device: kp.org/sanfrancisco/cad

DOWNLOAD our KP Preventative Care App and stay on top of your health anywhere, anytime!



kp.org/sanfrancisco/healthed

SFHealthEd@kp.org

Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.

Improving Your Bladder Health

This 90 minute class will teach you about types of urinary problems, management options, and treatments. The goal is to help female patients learn about lifestyle changes, medications and surgery to help you regain or keep control of your bladder. *Open to the community.* Please call (415) 833-4597 to register.

Fee: No fee

Dates/times: Offered twice per month: first Monday, 10–11:30 a.m.; third Thursday 5:30–7 p.m.

Living Heart Healthy Class

This class is designed to teach members to lower their risk for heart attack and stroke through heart-healthy lifestyle changes, including healthy eating and taking blood pressure at home. *Not recommended for patients with heart failure or patients recovering from a heart attack or stroke.*

Fee: No fee for members.

Dates/times: One session; Second Monday, 9:30-11:30am or 3-5pm

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under you plan, or call Kaiser Permanente Member Services for additional information.

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.

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. **Fee:** No fee for members
Dates/times: One session; First Wednesday 6:30–9 p.m.

Understanding Infertility

This program describes an array of infertility services offered by Kaiser Permanente, including education, counseling, testing, and treatment. It also provides information about some of the ways you can improve your chances of getting pregnant by staying healthy. Note that not all infertility services are covered by your Kaiser Permanente health plan. For specific information about your health plan benefits, please see your *Evidence of Coverage*. Find this feature at kpdoc.org/infertilityprogram.

Visit our Health Education Center!

The Health Education Center is open to members and the community. We carry a variety of health information and tools to support your needs, including Women's Health products.

2241 Geary Blvd. SF, CA 94115
Or 1600 Owens Street, SF, CA 94158
Monday-Friday,
9a.m.- 12:30 p.m. to 1:30 p.m.- 5 p.m.
(415) 833-3450
sfhealthed@kp.org