

HEALTHY LIVING

classes + resources



A HEALTHY YOU

San Jose Medical Center • Gilroy Medical Offices
Para información en español, vea las páginas 26–27, y 35.
Visit kp.org/healthyliving/nca to find classes, podcasts, and more.



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kphearingcenters.com

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Photo of models shown, not actual patients.

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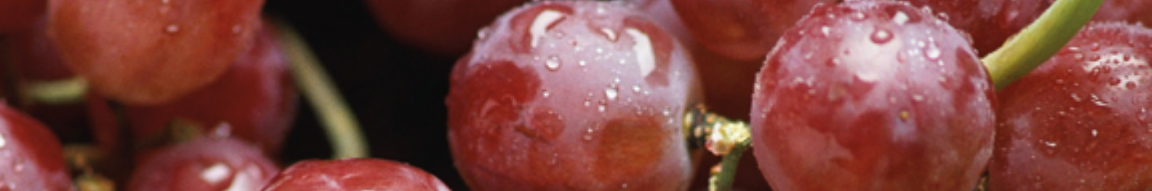
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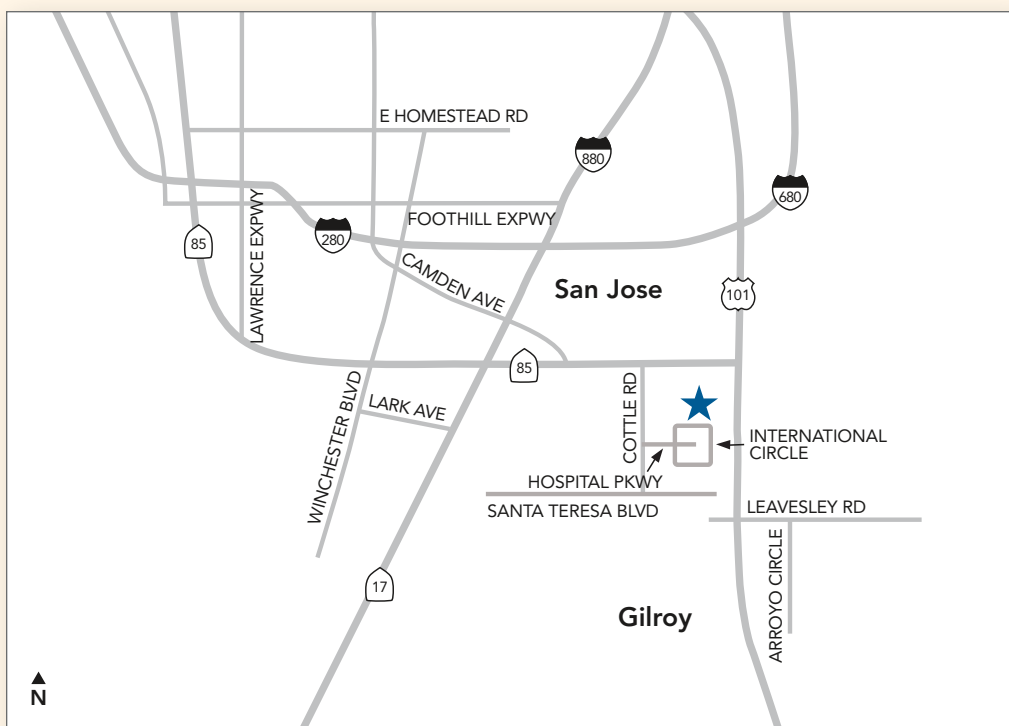
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Location of Services

We are here to help you find the health resources you need. In addition to helping you register for classes and programs, all of our Health Education Centers offer Internet access, health information tip sheets and pamphlets, and health resources.

Our health educators are on staff to provide individual guidance and support for a range of health concerns, including stress, chronic conditions, tobacco, and weight problems. Additionally, you can rent or buy breast pumps and accessories. For more information, stop by or call our Health Education Center or our Healthy Living Center or our Technology Learning Center. *Se habla español y tenemos información en su idioma.*



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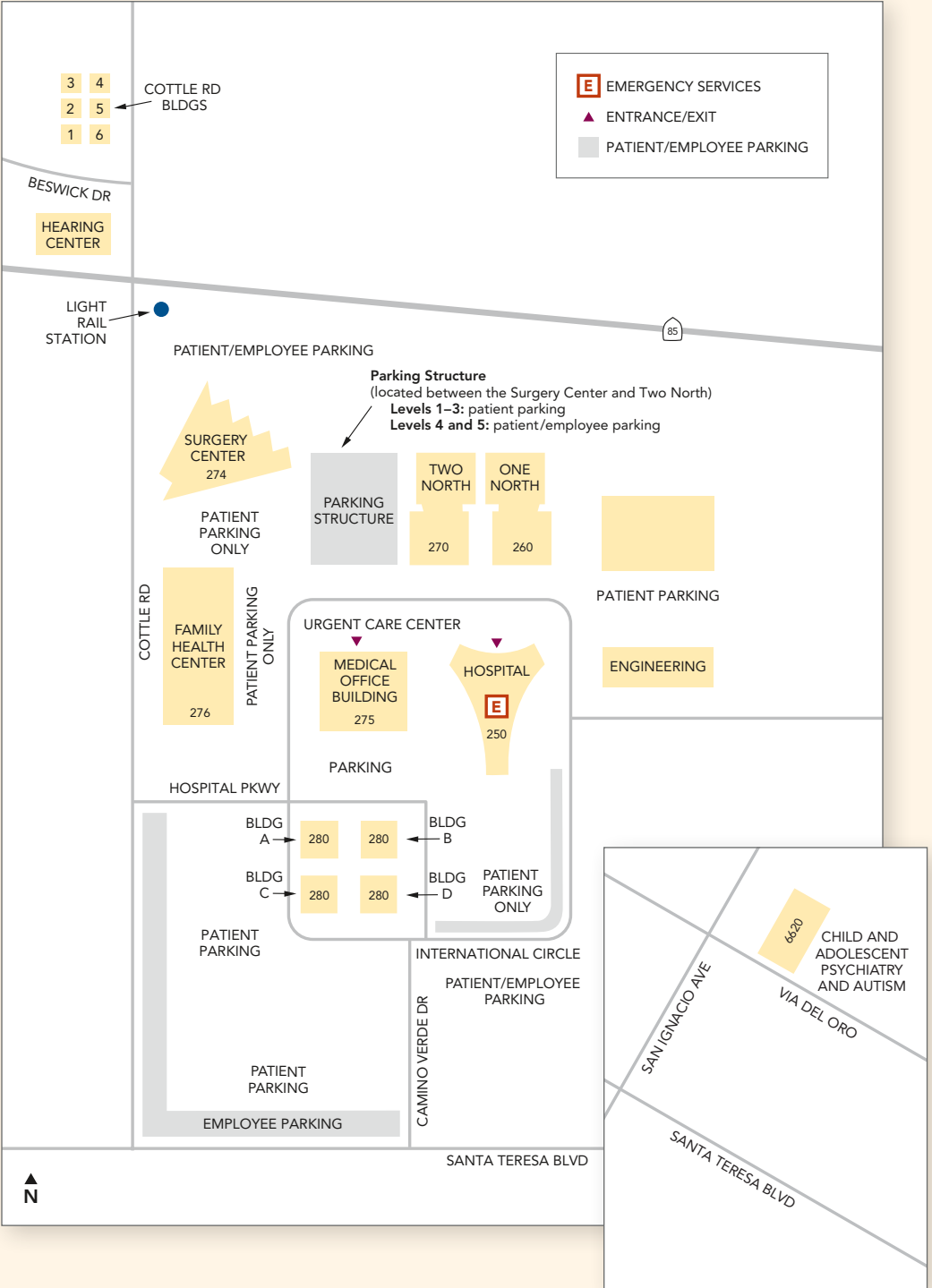
San Jose Medical Center

260 International Circle

San Jose, CA 95119

kp.org/sanjose/healthed

San Jose Medical Center Campus Map



Maps not to scale



San Jose Health Education Centers

Healthy Living Center

Building One North
260 International Circle
Mon–Fri, 9 a.m.–5 p.m.
408-972-3340

Technology Learning Center

Family Health Center Building
276 International Circle
Mon–Fri, 9 a.m.–4 p.m.
408-972-3340

Mind-Body Health Center

5755 Cottle Road, Building 3
Mon–Fri, 3:30–7:30 p.m.
408-972-3340

San Jose Health Education Staff

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Health Educator

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Health Educator

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Raelene Jiminez

Health Education Assistant

Selby Allen

Associate Staff Assistant

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, 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 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.

About Our Classes and Fees

Registration is recommended seven days prior to class start date. Classes fill quickly, so register no later than one week prior to the start date. Class dates, times, and locations are subject to change. Classes are open to all Kaiser Permanente members, and support persons. Additionally, many classes are open to the community. For information about class dates and other details, and to register, call the number listed under the course description.

Fees

Many classes are offered at no fee to Kaiser Permanente members. 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 by your plan or call Member Services at **1-800-464-4000**, 24 hours a day, 7 days a week (closed holidays).

- If paying by check, please write a separate check for each class, payable to Kaiser Permanente (unless otherwise noted).
- Credit card registrations can be made by phone for most classes by calling **408-972-3340**.
- Kaiser Permanente employees receive a discount on all classes.

Cancellations and Refunds

Refunds will be given for cancellation requests made at least 48 hours prior to the class start date.

For additional information concerning registration, contact the Health Education Center at **408-972-3340**.



Indicates online programs and tools.

Chemical Dependency and Drug Education

Alcohol and Drug Education Series

In this series, we'll discuss origins of addictions and dependencies, medical effects and other consequences of drug and alcohol use, family and relationship dynamics surrounding chemical dependency, and a practical approach to treatment of addiction. *Open to the community.*

No class fee for members; \$20 nonmembers.

Sessions: 12 sessions; Thursday, 5–6 p.m.

Registration: Call **408-972-3366**.

Codependency

This class focuses on understanding codependency issues, their origins, and their connection to dysfunctional relationships. *Open to the community.*

No class fee for members; \$20 nonmembers.

Sessions: Six sessions; Thursday, 6–7 p.m.

Registration: Call **408-972-3366**.

Managing Ongoing Conditions



Managing Your Back Pain

This online program helps you reduce 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.

Caregiver Group

This is a group for those caring for family members with medical conditions. Learn coping skills and discuss experiences surrounding long-term care. This group is not intended for caregivers of Alzheimer's disease patients or those with cognitive issues. *Members only.* Office visit cost share applies.

Sessions: Tuesday, 9–10:30 a.m.

Registration: Practitioner screening required.

COPD Support Group

Open discussion on chronic obstructive pulmonary disease medications, self-management plans, and new devices. *Members only.*

No class fee.

Sessions: Second and fourth Wednesday of every month, 11 a.m.–12:30 p.m.

Registration: Call **408-972-6089**.

Headache Overview

This class provides information and management strategies for adults living with chronic headaches. Topics include headache types, triggers, medications, self-management techniques, and resources. Participants will meet individually with a neurologist to set up a headache management plan. *Members only.*

Office visit cost share applies.

Sessions: Call for schedule

Registration: Practitioner referral required. Call **408-972-6700** for information.



Managing Your Headaches

Learn about headache types and triggers, and discover ways to help manage and prevent them with this free online program. Find this feature at kpdoc.org/headachesprogram.

Multiple Sclerosis Support Group

If you or a loved one has multiple sclerosis, come to this group for education and support. *Open to the community.*
No class fee.

Sessions: Call for schedule

Information: Call the National Multiple Sclerosis Society at **408-988-7557** or visit nationalmssociety.org.

Understanding Chronic Pain Overview

Chronic pain is a medical condition that can affect all aspects of your life. In this class, we discuss medical options, as well as a variety of self-care strategies that can help you manage your pain and improve your quality of life. *Members only.*
Call for class fee.

Sessions: One session, Thursday, 2–4:30 p.m.

Registration: Practitioner referral required. Call **408-972-3364** for information.

Pain Management Program

The goal of this program is to help you learn skills and strategies for long-term chronic pain management that can optimize your health and quality of life. Our team of physicians, nurses, psychologists, and physical therapists can help you increase mobility, improve your range of motion, and improve body mechanics.

Prerequisite: Understanding Chronic Pain Overview. *Members only.*

Call for class fee.

Sessions: Dates and times vary

Registration: Practitioner referral required. Call **408-972-3364** for information.



Taking Care of Your Kidneys Video

Learn about kidney disease and how to keep your kidneys as healthy as possible. Find this video through your doctor's home page at kp.org/mydoctor.

RELATED CLASSES

- Physical Movement and Flexibility Classes, *page 14*
 - Mindfulness-Based Stress Reduction, *page 18*
 - Stress Management: A Mind-Body Medicine Approach, *page 18*
-

Diabetes Management

Blood Sugar Self-Monitoring

Learn how to use your glucose meter to check blood sugar levels at home. Please bring your glucose meter to class. Taught by a health educator. *Members only. Available in Spanish.*
No class fee.

Sessions: One 45-minute session

Registration: Call **408-972-3340**.

Heart Smart/PHASE: Prevent Heart Attacks and Strokes Everyday

See page 16.



Insulin for Diabetes Video Series

Studies have shown that early use of insulin can produce better long-term results and blood sugar control for people with diabetes. This video series will teach you how to prepare and inject insulin and understand why insulin is one of the best tools available to manage your blood sugar. Find this video at kpdoc.org/insulinvideos.

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: Heart Smart/PHASE: Prevent Heart Attacks and Strokes Everyday. *Members only. Available in Spanish.* This is a covered benefit for members.

Sessions: Four 2-hour sessions

Registration: Call **408-972-6879**.

RELATED CLASS

- Stress Management: A Mind-Body Medicine Approach, page 18

Physical Movement and Flexibility

Moderate exercise is safe for most people, but you should always 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.

Deep Therapeutic Yoga

Strengthen and tone your muscles as you gently stretch and relax in yogic postures. You will work with breathing and visualization techniques to encourage mental calmness and well-being. Wear comfortable clothes and bring a yoga mat. *Open to the community.*

\$100

Sessions: Eight sessions, Tuesday, 6–7:30 p.m. or 7:30–9 p.m.

Registration: Call **408-972-3340**.

Gentle Flow Yoga

Increase your stamina, build vitality, and restore body harmony as you stretch and tone muscles. This class is good for beginners as well as experienced yoga practitioners. Wear comfortable clothes and bring a yoga mat. *Open to the community.*

\$100

Sessions: Eight sessions;
Monday, 6–7:30 p.m.

Wednesday, 6–7:30 p.m.

Registration: Call **408-972-3340**.

Prenatal Yoga

This class brings together elements of hatha yoga postures, mindfulness, and meditation to reduce stress and help alleviate many of the common physical and emotional discomforts of pregnancy. Women of all fitness levels can participate. No experience



ALZHEIMER'S ASSOCIATION NORTHERN CALIFORNIA

1060 La Avenida
Mountain View, CA 94043
650-962-8111
alz.org/norcal

necessary. Please bring a yoga mat or pillow and blanket. *Open to the community.*

\$65

Sessions: Six sessions, Thursday, 6–7:30 p.m.

Registration: Call **408-972-3340**.



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.

Physical and Occupational Therapy Groups

Practitioner referral and diagnosis required for all group clinics. All clinics begin with a personalized assessment by licensed physical and occupational therapists.

Office visit cost share applies.
Call **408-972-6400** for information.

Balance Group

This balance program is for adults who want to increase strength and flexibility in order to reduce their risk of falling. *Members only.*

Sessions: Tuesday or Friday, 11:30 a.m.–12:30 p.m.

Carpal Tunnel Syndrome

This class is for members with a diagnosis of carpal tunnel syndrome. Join an occupational therapist, neurologist, and physician's assistant to learn more about your condition and its management. This class includes education, nerve conduction testing, and appropriate interventions. *Members only.*

Knee Group

This clinic is designed for those with nonoperative knee conditions such as knee osteoarthritis, sprain/strain, and patellofemoral syndrome. Learn how, with a regular exercise program, you can improve the strength and flexibility of your knee joint, to improve your overall function and allow you to participate in recreational activities. *Members only.*

Neck Management Group

For members with diagnosed neck (cervical) dysfunctions, including sprain/strain, radiculopathy, and osteoarthritis. Learn self-care skills for managing your neck pain and site-specific exercises to improve your spinal movability, muscle length, and strength. *Members only.*

Postoperative Knee Clinics

We offer multiple postoperative knee clinics for surgeries such as total knee replacement, meniscal removal or repair, chondroplasty, microfracture, and anterior cruciate reconstruction. These clinics are designed specifically to address issues that come up during recovery after surgery. They include a personal assessment, stretching, strengthening, walking, and other functional training. *Members only.*

Shoulder Management Group

This clinic is designed for those with nonoperative shoulder conditions such as impingement, osteoarthritis, tendonitis, and bursitis. Learn how, with a regular exercise program, you can improve the motion and strength in your shoulders and overall function. Each clinic session involves hands-on intervention as indicated. *Members only.*

Spine Management Group Visit

For patients with a spinal diagnosis, this group provides information about back care and self-care skills for managing back pain. A personal spine assessment is included as part of the class. *Members only.*

Temporomandibular Joint Group

This group is for people with temporomandibular joint dysfunction (TMJ). Learn about activity modification, safety precautions, self-treatment, including massage, and movement patterning and exercise for both strengthening and stretching.

Members only.

General Health and Wellness

Advance Health Care Directives and Life Care Planning

An advance health care directive allows you to share your values, your choices, and your instructions about your future health care. We encourage all members ages 18 and over to complete an advance health care directive. *Members only.*

No class fee.

Information: Call **408-972-3340**.

Alzheimer's Caregiver Support Group

This group is for those caring for loved ones in all stages of Alzheimer's disease and other dementias. Learn how to cope with stress and get support from others in the same situation. *Open to the community.*

No class fee.

Sessions: Second Monday of the month, 7–8:30 p.m.

Registration: Call **408-362-3691** or **1-800-272-3900**.

Alzheimer's, Memory Loss, and Dementia: Introductory Overview

In this overview, learn about memory loss and dementia, illness progression, available treatments, strategies for maintaining brain health, and available resources. *Open to members and their families.*

No class fee.

Sessions: One 1.5-hour class

Registration: Call **408-362-3691**.

HIV Testing

HIV and other STD testing can be arranged by your personal physician. Walk-in HIV testing is also available at any Kaiser Permanente San Jose/Gilroy laboratory. *Members only.*

No class fee; lab fees may apply.

Information: Call **408-972-6850**.

Heart Health

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.

Members only.

This is a covered benefit for members.

Sessions: One 2-hour session; call for schedule

Registration: Call **408-972-3340**.

Heart Failure Behavioral Group

This group is appropriate for those who have already attended the Living Better with Heart Failure class and need additional help. We will continue to explore self-management of heart failure for an improved quality of life. Practitioner referral required. *Members only.*

Office visit cost share will apply.

Sessions: Call for schedule

Registration: Call **408-972-6535**.

Heart Smart/PHASE: Prevent Heart Attacks and Strokes Everyday

Learn how to prevent heart attacks and strokes every day by living healthfully and managing your medications. This class is for anyone who has high blood pressure, high cholesterol, prediabetes, diabetes, coronary artery disease, or chronic kidney disease, or has had a stroke or TIA (transient ischemic attack). Also available in Gilroy (see page 30).

Members only. Available in Spanish.

No class fee.

Sessions: One 2-hour session

Registration: Call **408-972-3340**.

Mental and Behavioral Health

Unless otherwise indicated, all classes below are open to the community and do not require a doctor referral. Preregistration is required. Your doctor can register you or you can call the Health Education Center at **408-972-3340** to register. For more information, visit kp.org/sanjose/healthed.

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. Only one member per household per series. Open to the community.*

\$105 (participant workbook included).

Sessions: Six 2-hour sessions

Required Textbook: *When Anger Hurts: Quieting the Storm Within* by Matthew McKay, PhD. Purchase online prior to class, or loaners available in class.

Understanding Anxiety Series

Learn to identify what triggers anxiety for you as well as ways to short-circuit your symptoms. Explore your thoughts and compare your fears with reality. You'll also learn techniques to relax, reduce your response to triggers, and think and act assertively. Suggested prerequisite: Pathways to Emotional

Wellness (unless referred by your physician). Also available in Gilroy (see page 30). *Open to the community.*
No class fee.

Sessions: Six 2-hour sessions

Assertiveness and Self-Esteem Skills

Learn assertiveness skills, increase your self-esteem, and improve communication. Find out how to set limits, handle criticism, set boundaries, and resolve conflicts.

Open to the community.

\$95 (participant workbook included).

Sessions: Six 2-hour sessions

Required Textbook: *Your Perfect Right: Assertiveness and Equality in Your Life and Relationships* by Robert Alberti, PhD, and Michael Emmons, PhD. Purchase prior to class, or loaners available in class.

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.*

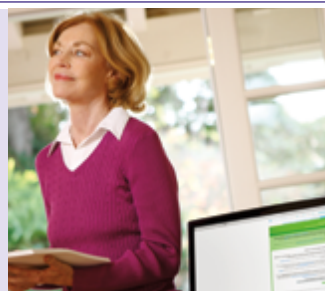
\$140 per couple (participant workbooks included).

Sessions: Six 2.5-hour sessions

Recommended Reading: *The Seven Principles for Making Marriage Work* by John M. Gottman

STAY ON TRACK WITH PREVENTIVE SERVICES

Are you due for a mammogram, Pap test, colorectal screening, or flu shot? You'll find out what you're due for and how to schedule an appointment with your personalized, online *Preventive Services* summary. Look for this feature on your doctor's home page at kp.org/mydoctor.



Managing Depression Series

Depression is common, real, and treatable. This series explores the causes and effects of depression. Learn how to think more positively, reduce stress, and manage moods now and long after the class is over. Prerequisite: Pathways to Emotional Wellness (unless you are referred by your practitioner). Also available in Gilroy (see page 31). *Members only.*

This is a covered benefit for members (participant workbook included).

Sessions: Six 2-hour sessions



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 kpdoc.org/podcasts, can help you ease pain, relieve stress, get healthful sleep, and prepare for surgery.



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.

Stress Management: A Mind-Body Medicine Approach

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. Also available in Gilroy (see page 31). *Open to the community. Available in Spanish.*

This is a covered benefit for members; no class fee for nonmembers.

Sessions: Six 2-hour sessions

Mindfulness-Based Stress Reduction

Through the practice of mindfulness meditation, including relaxation techniques, breathing, and gentle stretching, you will learn skills to improve your ability to cope with symptoms brought on by stress and stress-related illness. Participants are asked to commit to daily practice. The orientation session is required to attend the series. *Open to the community.*

No fee for orientation; \$100 class fee (participant workbook and CD available for loan in class).

Sessions: One 2.5-hour orientation; eight 2.5-hour meetings, plus one all-day Saturday retreat

Required Textbook: *Full Catastrophe Living*. Purchase prior to class, or loaners available in class.

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 feel better and thrive. Also available in Gilroy (see page 30). *Members only. Available in Spanish.*

This is a covered benefit for members.

Sessions: One 2.5-hour session

Understanding Mental Health: An Overview for Families and Caregivers

This class provides a brief overview of mental illness, mental health, and resources available in the community to support families and caregivers. This is an opportunity to ask questions and get support. Guest speakers from the National Alliance on Mental Illness (NAMI) will make presentations. *Open to the community.*

No class fee.

Sessions: One 2-hour session; monthly

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) OF SANTA CLARA COUNTY

NAMI helps people with mental illness, families, and the community by providing support, education, and advocacy for those suffering from mental illness; promoting research and reducing stigma and guilt; and improving services by working with health professionals and families.

1150 S. Bascom Ave.
Suite 24
San Jose, CA 95131

408-453-0400
info@namisantaclara.org
namisantaclara.org



RELATED CLASSES

- Peripartum Emotional Health Support Series, *page 22*
 - Sleep Apnea Overview, *page 22*
-

Parenting and Children's Health

ADHD Overview for Parents

If your child has been diagnosed with ADHD (attention deficit hyperactivity disorder) or if you have questions about it, this series of classes can help provide support and answers. Each session is two hours and can be taken in any order. No children, please. *Members only (other family may attend with member). One 2.5-hour overview session. Available in Spanish.*

No class fee.

Session 1: Understanding ADHD: History, Definitions, Medications, Q&A; first Monday, every month

Session 2: Home Management Skills: Problems and Positive Behavior Change; second Monday, odd months of the year (Jan., Mar., May, Jul., Nov.)

Session 3: Helping Your Child Succeed—School Management Skills; second Monday, even months of the year (Feb., Apr., Jun., Aug., Oct., Dec.); 6–8 p.m. for all classes held at Via Del Oro

Registration: Call **408-972-3340**.

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. *Members only. Available in Spanish.*

This is a covered benefit for members.

Sessions: First Tuesday of every month, 4–5:30 p.m.

Registration: Call **408-362-3792**.

KP Kids: Weight Management Program for Kids and Families

This complete health promotion program for children 6 to 12 and their families provides techniques for families to better nourish themselves, stay active, and enjoy quality time together. Each month offers a different hands-on learning experience with topics related to nutrition, lifestyle, and physical activity. *Members only.*

\$15 per family.

Sessions: Third Wednesday of each month for five months

Registration: Call **408-362-3792**.



Healthy Kids Online Newsletter

Connect to physician-recommended information, tips, and resources to help you raise a healthy toddler to become a thriving preteen. Each newsletter is customized for your child’s specific age and stage of development. Find this feature at kpdoc.org/parentnewsletters.



Healthy Teens Online Newsletter

Some things have changed since you were a teenager. Our *Healthy Teens* monthly newsletter can connect you to information, tips, and resources to help you raise a healthy teen to become a thriving adult. Find this feature at kpdoc.org/parentnewsletters.

Teen Clinic

Health care services for members 13 to 17 include physical examinations, immunizations, and treatment of minor illnesses. The clinic also provides counseling for personal and family problems, alcohol and drug issues, birth control, and pregnancy. *Members only.* Office visit cost share will apply.

Location: 1st Floor, Family Health Center, Unit D

Sessions: Monday through Friday, 3:30–5:30 p.m.

Registration: Call **408-362-3792**.



Teen Sexual Health Podcasts

This series features local teens talking with Kaiser Permanente pediatrician Chuck Wibblesman, MD, about teen sexual health. Topics include dating, sexual orientation, birth control, and sexually transmitted infections. Find this podcast through your doctor’s home page at kp.org/mydoctor.



Understanding Your Child’s Asthma Video

Learn skills to manage your child’s asthma and help prevent flare-ups at home. Find this video through your doctor’s home page at kp.org/mydoctor.



Young Adults Online

Connect to relevant health information and resources, customize an interactive program to help you meet your health goals, and stay in touch with your doctor, all through kpdoc.org/youngadulthealth.

RELATED CLASS

- ADHD Overview for Parents, page 19
-

PARENTING SKILLS:

<p>Bill Wilson Center 3490 The Alameda Santa Clara, CA 95050 408-243-0222 billwilsoncenter.org</p>	<p>NAMI—Santa Clara County 408-453-0400 info@namisantaclara.org namisantaclara.org</p>
<p>Parents Helping Parents 408-727-5775 php.com</p>	<p>Children and Adults with ADHD (CHADD) chadd.org</p>

Pregnancy to Newborn: Healthy Beginnings

Early registration is recommended for all childbirth classes. Space is limited and not guaranteed.

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. Take this class at or after 26 weeks of pregnancy. Partners are welcome. *Members only. Available in Spanish.*

This is a covered benefit for members.

Sessions: One 2.5-hour session

Registration: Register at Ob-Gyn reception or call **408-972-6715**.

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, but no children, please. Also available in Gilroy (see page 33). *Members only. Available in Spanish.*

This is a covered benefit for members.

Sessions: One 2-hour session

Registration: Call **408-972-6715**.

Healthy Beginnings Online Newsletter

Connect to physician-recommended information, tips, and resources to help you care for yourself and your growing baby. Each newsletter is customized to your expected due date and gives you valuable information about pregnancy, childbirth, and preparing for your newborn. Find this feature at **kpdoc.org/parentnewsletters**.

Healthy Babies Online Newsletter

Connect to physician-recommended information, tips, and resources to help you through your baby's first year—all customized to your child's age and stage of development. Find this feature at **kpdoc.org/parentnewsletters**.

Introduction to Pediatrics/ New Baby Care

Attend this class at or after 34 weeks into your pregnancy to learn about pediatric issues and newborn care, and to prepare to care for your newborn at home throughout infancy. *Members only.*

No class fee.

Sessions: One 2.5-hour session

Registration: Register at Ob-Gyn reception or call **408-972-6715**.

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 discuss ways you can relieve the common discomforts of pregnancy. Also, learn how to help keep your energy level high by eating well and exercising. Partners are welcome, but no children, please. *Take this class when you are 16 to 24 weeks pregnant. Members only.*

This is a covered benefit for members.

Sessions: One 1-hour session

Registration: Call **408-972-6715**.

Late Pregnancy

This class is designed to help you and your partner get ready for labor and delivery. You'll learn how to recognize the early signs of labor and when to call your doctor. We'll discuss what you can expect in the hospital, your options for pain management, and how to care for yourself after the baby is born. This class doesn't take the place of Preparing for Childbirth Express, but is not necessary if taking the Preparing for Childbirth Express class. Partners are welcome, but no children, please. *Take this class when you are 25 to 34 weeks pregnant. Members only.*

This is a covered benefit for members.

Sessions: One 2-hour session

Registration: Call **408-972-6715**.

Peripartum Emotional Health Support Series

In this ongoing series, learn coping skills, positive self-talk, and relaxation methods for handling stress and depression related to pregnancy. Get support and share feelings with others. Infants welcome, but no child care is available for additional children. *Members only.*

No class fee.

Sessions: Ongoing, twice monthly; drop-in, Wednesday, 2–3:30 p.m.

Information: Call **408-972-3095**.

Preparing for Childbirth Express

In this single-session class, we'll teach you breathing and relaxation techniques to use during labor and delivery. We'll discuss pain management options, the role of your coach, hospital procedures, and what to expect before, during, and after delivery. *We encourage you to take this class at 36 weeks of your pregnancy.* Early registration is suggested. Partners are welcome. *Members only.*

\$80 (nonrefundable).

Sessions: One session, 9 a.m.–4 p.m.

Registration: Register at Ob-Gyn reception or call **408-972-6715**.

Meet the Midwife

This class is an opportunity to learn about certified nurse-midwives and their role in pregnancy, labor, and birthing at San Jose Medical Center. A short presentation will be followed by time for questions and answers. *Members only.* No class fee.

Sessions: Offered every other month, 6–7:30 p.m.

Registration: Call **408-972-6715**.

RELATED CLASS

- Prenatal Yoga, page 14
-

Sleep Health

Improving Your Sleep Series

Want to fall asleep quicker, sleep soundly, and awaken feeling more refreshed? Improve the quantity and the quality of your sleep. Learn how nighttime habits and thinking patterns affect your sleep, and how to change both. This class *does not* address medical conditions that interfere with sleep, or the use of sleep medications. *Members only.*

No class fee.

Sessions: Five 2-hour sessions

Registration: Call **408-972-3340**.

Sleep Apnea Overview

This class—taught by a pulmonary medicine physician, a respiratory therapist, and a behavioral medicine specialist—covers the causes of snoring and sleep apnea, side effects, and treatment options. *Members only.*

Office visit cost share applies.

Sessions: One 2-hour session

Registration: Practitioner referral required.

FARMERS MARKET

Feast your senses—and boost your health—with fresh produce from our San Jose Medical Center farmers market. The market is located between Building One North and Building Two North and is open every Friday from 10 a.m. to 2 p.m.



Smoking Cessation

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. *Members only.*

This is a covered benefit for members.

Sessions: Four sessions; 6–8 p.m.

Registration: Call **408-972-3340**.



Quit Tobacco Medications

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

Weight Management

Body Composition Analysis

Most health experts agree that body composition is a much better indicator of your health and fitness than your weight. Recommended for those beginning a weight management program. Also available in Gilroy (see page 34). *Open to the community.* \$15 members; \$30 nonmembers.

Sessions: By appointment only

Registration: Call **408-972-3340**.

Healthy Joints–Healthy Weight

This class is for patients who are considering joint replacement surgery but who need to lower their body weight prior to surgical intervention. We'll discuss available weight management programs and options, pain relief, and how to stay fit with gentle, safe movements and stretches. *Members only.* No class fee.

Sessions: One 2-hour session

Registration: Call **408-972-3340**.

Healthy Weight Program

Lose unwanted pounds, develop positive habits, and gain confidence. This 10-session program covers the latest weight loss research, what to eat for weight loss, fun and energizing exercises, and strategies to maintain your weight. Developed by Kaiser Permanente physicians, this program produces lasting results. Also available in Gilroy (see page 34). *Members and their family members only.*

No class fee.

Sessions: 10 weekly 2-hour sessions

Required Textbook: *The End Of Overeating* by David A. Kessler. Purchase prior to class, or loaners available in class.

Registration: Call **408-972-3340**.



Healthy Weight Online Series

Find a healthy weight with this six-session online version of our Healthy Weight Program. Join from the comfort of home. You will need a phone and a computer with Internet access to participate. *Members only.*

Sessions: Six; call **408-972-3340** for fee and registration information.

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. *Members only.*



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 at kpdoc.org/podcasts.

Healthy Lifestyles: Weight Management Program for Kids and Teens

This health promotion program for children, teens, and their families helps to improve awareness of healthy eating and active living. *Members only.*

Class fee varies.

Sessions: Varies

Registration: Call **408-972-6861**.

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.* Orientation session is free; program fees are explained at the orientation.

Sessions: 82 weeks
(minimum 30-week program)

Registration: For more information or to register, call **1-866-454-3480** or go to kphealthyweight.com.

Services and products described here are provided on a fee-for-service basis and are separate from and not covered under members' health plan benefits, and members are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Kaiser Foundation Health Plan, Inc. ("Health Plan"), 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, members should refer to their *Evidence of Coverage*.

Nutrition for Weight Management

Successful weight loss requires more than just cutting calories. Get practical tools for making healthy nutrition choices that can help you lose weight and keep it off. The instructor will also help guide you to a multi-session weight management program that best suits your needs. *Open to the community. Available in Spanish.*

No class fee.

Sessions: One 2-hour class

Registration: Call **408-972-3340**.



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.

Weight Loss Surgery Introductory Seminar

For anyone interested in a referral for weight loss surgery, this class introduces the surgery process and emphasizes the changes you must make before and after your procedure. It will help you determine if you are ready to make a major lifestyle change. This is the first step for referral for bariatric surgery consultation. *Members only.*

No class fee.

Sessions: One 2-hour session

Registration: Call **408-972-3340**.

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 free. To get a PEMR flash drive, go to the Medical Secretaries Department or Member Services Department at the facility nearest you.



RELATED CLASSES

- Stress management classes, *page 18*
-

Women's Health

Breast Cancer and Your Family History

Have you or a relative been diagnosed with breast cancer? In this class, we'll discuss current information, including recent discoveries about the genetics of breast cancer as well as genetic testing and its limitations. *Members only.*

No class fee.

Location: 5755 Cottle Road, Building 1, Genetics Conference Room

Sessions: Fourth Friday of every month, 9:30–11 a.m.

Registration: Call **408-972-3300**.

Incontinence Workshop

This class is for women experiencing problems with involuntary loss of urine. The class will cover the different types of incontinence, other related disorders, different types of appointments, and how you will be evaluated at Kaiser Permanente. *Members only. Available in Spanish.*

No class fee.

Sessions: One 1.5-hour session

Registration: Register at Ob-Gyn reception, or call **408-972-6715**.

Understanding Infertility

This program describes an array of infertility services offered by Kaiser Permanente, including education, counseling, testing, and treatment. It also explains 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. Find this feature on your doctor's home page or at **kpdoc.org/infertilityprogram**.

Many Kaiser Permanente members have coverage for the diagnosis and treatment of infertility, and some members have coverage for in vitro fertilization (IVF) procedures if IVF is listed as a covered benefit in the *Evidence of Coverage* for their Kaiser Permanente health benefit plan. Otherwise, services described here are provided on a fee-for-service basis, separate from and not covered under your Health Plan benefits. Clinical services are provided by The Permanente Medical Group providers or contractors. The Permanente Medical Group, Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals have a financial interest in the provision of these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Sterilization Options

Please call the Ob-Gyn Department at **408-972-6715** for more information on two videos to view online before scheduling an appointment.

RELATED CLASS

- Peripartum Emotional Health Support Series, *page 22*
-

Información general sobre el control del estrés, la ansiedad y la depresión

Si usted o su médico piensa que pudiera estar sufriendo síntomas de estrés, esta clase es para usted: la clave para comprender cómo reducir el estrés. En ella aprenderá qué es el estrés y cómo afecta su cuerpo; la diferencia entre el estrés diario y el estrés que causa la tensión interna; aprenderá a identificar los síntomas de ansiedad y depresión; los tratamientos y herramientas beneficiosos para el control de los síntomas; información sobre clases y recursos dentro de Kaiser Permanente y la comunidad; así como páginas Web y cintas de audio. *Abierta a la comunidad.* Sin costo de la clase.

Sesiones: Una sesión; una vez por mes

Inscripción: Llame al **408-972-3340**.

Orientación prenatal

Este curso la ayudará a entender y prepararse para los cambios físicos y emocionales que puede esperar durante los tres primeros meses de su embarazo. Trataremos las molestias más comunes y los remedios para ellas, las pruebas de detección prenatales y el desarrollo del feto. Le ofrecemos consejos para comer bien, permanecer activa, y mantener su salud y la de su bebé. Las parejas están invitadas. *Tome este curso en los primeros días del primer trimestre.* Por favor no traiga niños. *Sólo miembros.* *Disponible en Gilroy.* Sin costo de la clase.

Sesiones: Una clase de 2 horas

Inscripción: Llame al **408-972-6715**.

Básicos sobre la lactancia materna

Los estudios demuestran que dar el pecho ofrece muchos beneficios para su salud y la de su bebé. En este curso aprenderá cómo colocar a su bebé para lactarlo, cómo saber si su bebé está recibiendo suficiente leche y maneras de evitar algunas de las molestias y los desafíos de la lactancia materna. Asista a esta clase a las 26 semanas de embarazo o posterior a esta fecha. Las parejas están invitadas. *Sólo miembros.* Sin costo de la clase.

Sesiones: Una sesión de 2 horas

Inscripción: Inscríbese en el mostrador de Obstetricia/Ginecología o llame al **408-972-6715**.

Conozca a nuestras enfermeras parteras

En esta clase tendrá la oportunidad de obtener más información sobre las enfermeras parteras tituladas y el papel que desempeñan en el embarazo, el trabajo de parto y el parto en el San Jose Medical Center. Después de una breve presentación se dispondrá de tiempo para preguntas y respuestas. *Sólo miembros.* Sin costo de la clase.

Sesiones: Ofrecidas cada dos meses, de 6 a 7:30 p. m.

Inscripción: Llame al **408-972-6175**.



Taller de trabajo sobre la incontinencia

Esta clase es para las mujeres que tienen problemas con la salida involuntaria de orina. La clase tratará sobre diferentes tipos de incontinencia, otros trastornos relacionados y los recursos disponibles en Kaiser Permanente. *Sólo miembros.*

Sin costo de la clase.

Sesiones: Una sesión de 1.5 horas

Inscripción: Inscríbese en el mostrador de Obstetricia/Ginecología o llame al **408-972-6715**.

Nutrición para un Peso Saludable

En esta clase usted aprenderá maneras prácticas y efectivas para perder peso y mantenerlo por medio de la nutrición, el ejercicio, y un diario de comidas. *Sólo miembros.*

Sin costo de la clase.

Sesiones: Una sesión de 2 horas

Inscripción: Llame al **408-972-3340**.

Prevenga ataques cardíacos y accidentes cardiovasculares todos los días (PHASE: Prevent Heart Attacks and Strokes Everyday)

Aprenda cómo prevenir ataques cardíacos y accidentes cardiovasculares viviendo de una manera sana y controlando sus medicamentos. Esta clase es para personas con diabetes, arteriopatía coronaria o enfermedad renal crónica o ha tenido un accidente cardiovascular o un accidente isquémico transitorio (TIA por sus siglas en inglés). Entre los temas se incluye información básica de PHASE, medicamentos, cómo comer de manera sana, actividades físicas, control del peso y recursos disponibles. *Sólo miembros.*

Sin costo de la clase.

Sesiones: Una sesión de 2 horas

Inscripción: Llame al **408-972-3340**.

La diabetes y su salud

Una vez que haya aprendido los datos básicos sobre el control propio de la diabetes, estará listo para avanzar al siguiente nivel. Aprenderá nuevas formas de tomar buenas decisiones de alimentos y de ejercicio, además de cómo normalizar los niveles de azúcar en la sangre y cómo controlar el estrés y las emociones relacionadas con la diabetes. *Sólo miembros.*

Sin costo de la clase.

Sesiones: Tres sesiones de 2 horas cada una

Inscripción: Llame al **408-972-3340**.

Información general para los padres sobre el trastorno por déficit de atención con hiperactividad (ADHD por sus siglas en inglés)

Si se ha diagnosticado que su hijo tiene ADHD (trastorno por déficit de atención e hiperactividad) o si tiene preguntas al respecto, esta clase puede ayudar ofreciéndole apoyo y respuestas. No se admiten niños. *Abierta a la comunidad.* Sin costo de la clase para los miembros; \$25 por sesiones para quienes no son miembros.

Sesiones: Una sesión de 2.5 horas

Inscripción: Llame al **408-972-3340**.

Location of Services

We are here to help you find the health resources you need. In addition to registration for classes and programs, we offer Internet access, reference books, health information tip sheets and pamphlets, videos, and advance health care directive forms. Our Healthy Living Store sells blood pressure monitors, pedometers, breast pumps, books, and other health products. Our staff can also help you register at kp.org.

We also have clinical health educators on staff to provide individual guidance and support for a range of health concerns, including stress, chronic conditions, tobacco, and weight problems. For more information, stop by or call our Health Education Center.



Map not to scale

Gilroy Medical Offices

7520 Arroyo Circle, Gilroy, CA

Mon–Fri, 9 a.m.–5 p.m., closed 12:30–1:30 p.m.

408-848-4690

kp.org/gilroy

Gilroy Health Education Staff

Van Thai, MD

Chief of Patient Education

Arturo Fernandez, MPH

Health Educator

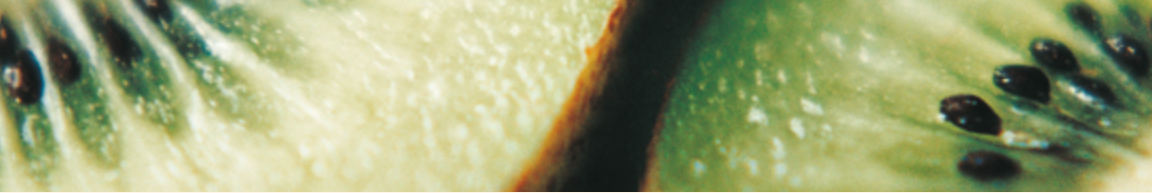
Hablo español

Chris Souza

Health Education Assistant

Volunteer Service

Coordinator



About Our Classes and Fees

Unless otherwise noted, all classes will be held at 7520 Arroyo Circle in the Conference Room. Class dates and times are posted on kp.org/gilroy under “Health Resources.” Preregistration is required for all classes and early registration is appreciated. Classes fill quickly, so register no later than one week prior to the start date. Class dates, times, and locations are subject to change. Classes are open to all Kaiser Permanente members, and many classes are open to the community. For information about class dates and other details, and to register, call the number listed under the course description.

Fees

Many classes are offered at no fee to Kaiser Permanente members. 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 by your plan or call Member Services at **1-800-464-4000**, 24 hours a day, 7 days a week (closed holidays).

- Registration closes one week prior to class start date.
- If paying by check, please write a separate check for each class, payable to Kaiser Permanente (unless otherwise noted).
- Credit card registrations can be made by phone for most classes by calling **408-972-3340**.

Cancellations and Refunds

Refunds will be given for cancellation requests made at least 48 hours prior to the class start date. On rare occasions, a class may be cancelled and a refund will be issued within six to eight weeks.

For additional information concerning registration, contact the Health Education Center at **408-972-3340**.



Indicates online programs and tools.

Diabetes Management

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. *Open to the community.*

This is a covered benefit for members; \$25 nonmembers.

Sessions: One 2.5-hour session

Registration: Call **408-848-4690**.

PHASE: Prevent Heart Attacks and Strokes Everyday

See under Heart Health on this page.

General Health and Wellness

HIV Testing

Blood testing and risk counseling are provided by appointment. Also available in San Jose (see page 16). *Members only.*

No appointment fee; lab fees may apply.

Sessions: Mon–Fri; by appointment

Registration: Call **408-848-4095**.

Heart Health

Heart Smart/PHASE: Prevent Heart Attacks and Strokes Everyday

Learn how to prevent heart attacks and strokes every day by living healthfully and managing your medications. This

class is for anyone who has diabetes, coronary artery disease, or chronic kidney disease, or has had a stroke or TIA (transient ischemic attack). Topics include the ABCs of PHASE, medications, healthy eating, physical activity, weight management, and resources available. Also available in San Jose (see page 16). *Members only. Available in Spanish.*

No class fee.

Sessions: One 2-hour session

Registration: Call **408-848-4690**.

Mental and Behavioral Health

Understanding Anxiety Series

Learn to identify what triggers anxiety for you as well as ways to short-circuit your symptoms. Explore your thoughts and compare your fears with reality. You'll also learn techniques to relax, reduce your response to triggers, and think and act assertively. We recommend that you take Pathways to Emotional Wellness before taking this class. Also available in San Jose (see page 17). *Members and their family members only.*

No class fee.

Sessions: Six 2-hour sessions

Registration: Call **408-848-4690**.

Couples Communication Series

Available in San Jose (see page 17).

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 feel better and thrive. Also available in San Jose (see page 18). *Members and their family members only.*

This is a covered benefit for members.

Sessions: One 2-hour session

Registration: Call **408-848-4690**.

Managing Depression Series

Depression is common, real, and treatable. This series explores the causes and effects of depression. Learn how to think more positively, reduce stress, and manage moods now and long after the class is over. We recommend that you take Pathways to Emotional Wellness before taking this class. Also available in San Jose (see page 18). *Members only.*

This is a covered benefit for members.

Sessions: Six 2-hour sessions

Registration: Call **408-848-4690**.

Stress Management: A Mind-Body Medicine Approach

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. Also available in San Jose (see page 18). *Members and their family members only.*

This is a covered benefit for members.

Sessions: Six 2-hour sessions

Registration: Call **408-848-4690**.

Parenting and Children's Health

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. Also available in San Jose (see page 19). *Members only. Available in Spanish.*

This is a covered benefit for members.

Sessions: One 1.5-hour session

Registration: Call **408-848-4690**.

PAIR UP FOR YOUR HEALTH

Stay on top of your health, 24/7, with our two apps.

KP Preventive Care app

Get appointment reminders and preventive services alerts for you and your family, access your doctor's home page, and more.

Kaiser Permanente app

Email your doctor, schedule routine appointments, refill prescriptions, check lab results, and more.

Download both apps for free on your smartphone.

Certain features of the apps 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.





Look good. Feel good.

Kaiser Permanente Cosmetic Services offers a full range of surgical, nonsurgical, laser, and skin care services to help you achieve the look you want. You'll receive care from a multidisciplinary team of specially trained cosmetic physicians and aesthetic specialists. Services available include the following:

Skin care services

We offer a comprehensive line of skin care products and esthetician services, including:

- Skin care consultations
- Microdermabrasion
- Skin peels

Laser and nonsurgical services

- Botox and fillers
- Fraxel laser treatments
- Laser hair and tattoo removal
- Laser treatment for brown spots, wrinkles, redness, or pigmentation
- Sclerotherapy (injection of veins)

Surgical services

- Body contouring after major weight loss
- Breast lift and augmentation
- Cosmetic cheek, chin, and lip augmentation
- Cosmetic ear, eyelid, and nasal surgery
- Face, forehead, and brow lift
- Liposuction and tummy tuck

San Jose Cosmetic Services

2440 Samaritan Drive, Suite 2

San Jose, CA 95124

408-851-8200

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ON SUNSCREEN
when you mention this ad.*

*Offer expires December 31, 2014. Valid only at the Kaiser Permanente Cosmetic Services locations shown above. Product lines may vary by location.

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., 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*.

Photo of model shown, not actual patient.

Pregnancy to Newborn: Healthy Beginnings

Early registration is recommended for all childbirth classes. Space is limited and not guaranteed.

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.* Also available in San Jose (see page 21). *Members only. Available in Spanish.*

This is a covered benefit for members.

Sessions: One 1-hour session

Registration: Call **408-848-4095**.

Support Groups

Bereavement Support Group

This group brings grieving individuals together to give and receive support. *Open to the community.*

No class fee.

Sessions: Second and fourth Monday of each month, 4:30–6 p.m.

Registration: Call the Visiting Nurses Association at **831-758-8243**.

Cancer Support Group: South County

This free support group is for individuals living with cancer, their family members, and anyone who loves, cares for, or supports them. Advance registration is required. *Open to the community.*

No class fee.

Sessions: Second Monday of each month, 2:30–4 p.m.

Registration: Call **408-842-0208**.

BEREAVEMENT RESOURCES IN THE COMMUNITY

Contact each agency for specific information and fees.

- Kaiser Permanente South Bay Hospice **408-342-6643**
- Hospice of the Valley **408-559-5600**
- Pathways Hospice **408-730-5900**
- Gentiva Hospice **408-626-4868** or **1-888-755-7655** (toll free)
- Heartland Hospice **408-450-7850**
- Center for Living with Dying **408-553-6950**
- KARA (Palo Alto) **650-321-5272**
- Compassionate Friends **408-241-1090**
- Hospice Caring Project Santa Cruz **831-430-3000**



Weight Management

Healthy Weight Online Series

Body Composition Analysis

Body fat, not weight, is the better indicator of health and fitness. This quick, painless test will determine your body fat and lean tissue weight. Recommended for those beginning a weight management program. Also available in San Jose (see page 23).

Open to the community.

\$15 members; \$30 nonmembers.

Sessions: By appointment only

Registration: Call **408-848-4690**.

Healthy Weight Program

Lose unwanted pounds, develop positive habits, and gain confidence. This 10-session program covers the latest weight loss research, what to eat for weight loss, fun and energizing exercises, and strategies to maintain your weight. Developed by Kaiser Permanente physicians, this program produces lasting results. *Open to the community.*

No class fee.

Sessions: 10 2-hour sessions

Registration: Call **408-848-4690**.

Find a healthy weight with this six-session online version of our Healthy Weight Program. Join from the comfort of home. You will need a phone and a computer with Internet access to participate. *Members only.*

Sessions: Six; call **408-848-4690** for fee and registration information

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. *Members only.*

Managing Your Weight

Learn how making healthy lifestyle choices—like eating well, getting regular exercise, and maintaining a positive attitude—can help you lose weight and keep it off. *Open to the community.*

This is a covered benefit for members; \$25 nonmembers.

Sessions: One 2-hour session

Registration: Call **408-848-4690**.



NUTRITION ADVICE LINE

For nonurgent nutrition advice, call **408-972-6548**. Leave a message that includes your name, medical record number, your telephone number, and your question. Calls are returned within 48 hours, excluding weekends and holidays. For Kaiser Permanente members only.

If you have a nonurgent question regarding your child's nutrition, call our Pediatric Nutrition Advice Line at **408-972-6194**. Remember to leave your child's name and medical record number in the message.

Alimentos saludables y vida activa para niños y familias: Descripción general

Las buenas costumbres comienzan en casa. En este curso se tratarán principios básicos de nutrición y maneras para obtener más la energía y ponerse en forma con actividades que toda la familia disfrutará. Los padres y sus hijos en edad escolar pueden aprender juntos a crear un estilo de vida saludable. *Sólo miembros.*

Sin costo de la clase.

Sesiones: Una sesión de 1.5 horas
Inscripción: Llame al **408-848-2372**.

Primera etapa del embarazo

Este curso la ayudará a entender y prepararse para los cambios físicos y emocionales que puede esperar durante los tres primeros meses de su embarazo. Trataremos las molestias más comunes y los remedios para ellas, las pruebas de detección prenatales y el desarrollo del feto. Le ofrecemos consejos para comer bien, permanecer activa, y mantener su salud y la de su bebé. Las parejas están invitadas, por favor, no traiga niños. Tome este curso en los primeros días del primer trimestre. *Sólo miembros.*

Sin costo de la clase.

Sesiones: Una sesión de 1.5 horas
Inscripción: Llame al **408-848-4095**.

Información básica sobre la diabetes

Una clase para personas con diabetes y sus familias en la que se les proporcionará la información necesaria para vivir bien con diabetes. Se hablará sobre qué es la diabetes, la alimentación saludable, cómo reconocer los síntomas de los niveles altos y bajos de azúcar, e información para vivir saludablemente.

Sólo miembros.

Sin costo de la clase.

Sesiones: Una sesión de 2 horas
Inscripción: Llame al **408-846-2372**.

Prevenga ataques cardíacos y accidentes cardiovasculares todos los días

Aprenda cómo prevenir ataques cardíacos y accidentes cardiovasculares viviendo de una manera sana y controlando sus medicamentos. Esta clase es para personas con diabetes, arteriopatía coronaria o enfermedad renal crónica o ha tenido un accidente cardiovascular o un accidente isquémico transitorio. Entre los temas se incluye información básica de medicamentos, cómo comer de manera sana, actividades físicas, control del peso y recursos disponibles. *Sólo miembros.*

Sin costo de la clase.

Sesiones: Una sesión de 2 horas
Inscripción: Llame al **408-846-2372**.



San Jose Medical Center
Health Education Department
270 International Circle
San Jose, CA 95119
kp.org/sanjose/healthed

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?