

HEALTHY LIVING

classes + resources



A HEALTHY YOU

Diablo Service Area

Para información en español, vea las páginas 47 a 50.

Visit kp.org/healthyliving/nca to find classes, podcasts, and more.



TRANSFORM your habits your health your life

MEDICAL WEIGHT MANAGEMENT PROGRAM

Support every step of the way

Make positive, lasting changes that improve your health, increase your energy, and help you live life to its fullest.

This program is for people who have at least 40 pounds to lose. It features:

- A combination of low-calorie Optifast® shakes and other nutritional supplements
- Medical monitoring
- Weekly group sessions

Call **1-888-874-8755** (toll-free) or go to **kphealthyweight.com** today to learn more or to sign up for a complimentary orientation session.

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. (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*.

Photo of models shown, not actual patients.

Fremont Medical Center
39400 Paseo Padre Parkway
Niles Building West
Fremont, CA 94538

Martinez Medical Offices
200 Muir Road
Martinez, CA 94553

Oakland Medical Center
Fabiola Building
3801 Howe Street
Oakland, CA 94611

Pleasanton Medical Offices
7601 Stoneridge Drive
South Building,
Health Education
Pleasanton, CA 94588

Diablo Area Health Education Departments

Diablo Service Area Health Education Centers and Healthy Living programs and services are provided at the following locations:

- 1 Antioch Medical Center**
4501 Sand Creek Road
Antioch, CA 94531
(925) 813-3560
- 2 Delta Fair Medical Offices**
3400 Delta Fair Blvd.
Delta Square, Building C, #3662
Antioch, CA 94509
(925) 779-5147
- 3 Livermore Medical Offices**
3000 Las Positas Road
Livermore, CA 94551
(925) 243-2920
- 4 Martinez Medical Offices**
200 Muir Road
Ensenada Building, 3rd Floor
Martinez, CA 94553
(925) 372-1198
- 5 Park Shadelands Medical Offices**
320 Lennon Lane
Yosemite Building
Walnut Creek, CA 94598
(925) 906-2190
- 6 Pleasanton Medical Offices**
7601 Stoneridge Drive
South Building
Pleasanton, CA 94588
(925) 847-5172
- 7 Walnut Creek Medical Center**
1425 S. Main St.
Walnut Creek, CA 94596
(925) 295-4410



our mission

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

Contents

Locations.....	3	Acupressure	14
Our Healthy Living Programs... 	7	Healthier Living with Ongoing Health Conditions	14
How to Register for Classes.....	7	Death: Coping and Decisions	
Locations, Dates, and Times	7	Medical Advance Planning Workshop	15
Fees and refund policy.....	7	Kaiser Permanente Hospice Program—Bereavement Education and Support Services	15
Online resources, books, and DVDs.....	8	Diabetes	
Health Education lending library	8	Prediabetes.....	15
Alcohol and Drugs		Diabetes Basics	15
Alcohol and Drug Education Series.....	8	Diabetes Nutrition and Carbohydrate Counting.....	17
Allergy		Living Well with Diabetes	17
Allergy Information Line	9	Family Planning	
Cancer		Infertility Group Appointment	17
American Cancer Society	9	Tubal Ligation Group Appointment	18
Look Good, Feel Better Workshop	9	Vasectomy Group Appointment..	18
The Wellness Community.....	10	First Aid, CPR, and Emergency Preparedness	
Child and Teen Health		CPR: Infant to Adult.....	18
1-2-3 Magic: Effective Discipline for Children 2 to 12	10	First Aid and CPR for All Ages.....	19
Autism and Your Child: Starting the Course	10	Pediatric CPR: Infant to 8 Years....	19
Autism and Your Child: Charting the Course.....	11	Emergency Preparedness for Home	19
Healthy Eating, Active Living for Kids and Families.....	11	Flexibility and Movement	
Managing Stress for Teens ages 14 to 17	11	Acu-Yoga	20
Preparation for Puberty.....	12	Acupressure	20
Sexual Safety for Youth with Developmental Disabilities.....	12	Feldenkrais®	20
Surviving Your Adolescents: How to Manage and Let Go of Your 13- to 18-year-olds.....	12	Tai Chi	20
Chronic Conditions Self-Management		Prenatal Yoga.....	21
Acu-Yoga	13	Yoga.....	21
		Gastroenterology (GI)	
		Functional Bowel Problems	22
		Head and Neck Surgery	
		Tinnitus	22

inspire people. inform choices. improve health.

Heart and Circulatory System

Blood Pressure Screening	22
Understanding Your High Blood Pressure	22
Cholesterol and Your Heart	22
Living Better with Heart Failure	23
Living Better with Heart Failure: Learn-by-Phone	23
Ways to a Healthier Heart.....	23
Mended Hearts Support Group....	24
Varicose Vein Group Appointment.....	24

HIV and AIDS

HIV Support Group	24
HIV Testing, Results, and Education	24

Men's Health

Testicular Self-Exam.....	24
---------------------------	----

Mental Health and Social Well-Being

ADHD in Adults.....	25
Managing Anger	25
Understanding Anxiety Series ...	26
Autism and Your Child: Starting the Course	26
Autism and Your Child: Charting the Course.....	26
Couples Communication Series ..	27
Managing Depression Series.....	27
Managing Stress for Teens ages 14 to 17.....	29
Mindfulness Meditation	29
Mind-Body Medicine for Stress ...	29

Nephrology

Taking Care of Your Kidneys.....	30
----------------------------------	----

Neurology

Headache Education	30
--------------------------	----

Nutrition

Nutrition Basics	30
------------------------	----

Ophthalmology

Macular Degeneration.....	30
---------------------------	----

Orthopedics

Total Hip Replacement.....	31
Total Knee Replacement	31

Physical Therapy

Various programs.....	31
-----------------------	----

Podiatry

Heel Pain	31
-----------------	----

Pregnancy, Childbirth, and Postpartum: Healthy Beginnings

Anesthesia for Labor and Delivery	32
Breastfeeding	32
Brothers and Sisters: Sibling Preparation.....	32
Preparing For Childbirth.....	32
Preparing For Childbirth Express ...	33
Early Pregnancy	33
Mid-Pregnancy	35
Late Pregnancy/Postpartum	35
Lactation Counseling and Breastfeeding Supplies.....	35
Multiples	36
Newborn Care.....	36
Next Baby	36
Prenatal Genetic Counseling	36
Prenatal Yoga.....	38

Prenatal Tours

Hospital Tour	38
Parents and Children (ages 8 to 12) Hospital Tour	38

Respiratory System

Understanding Your Asthma: Learn-by-Phone	39
Understanding Your COPD	39



Contents (continued)

Senior Health	
Resources	40
Smoking and Tobacco Cessation	
Quit Tobacco Workshop	40
Freedom from Tobacco Series...	42
Weight Management	
Healthy Lifestyle and Weight Management Program.....	42
Managing Your Weight	42
Weight Loss Surgery:	
Preparing for Success	42
Medical Weight Management Program	43
Women’s Health	
Breast Self-Exam.....	45
Continence Clinic	45
Menopause: Hot Flashes, Sexuality, and Hormones.....	45
Programas en español	
Primera etapa del embarazo	47
Etapa media del embarazo	47
Recorrido guiado del hospital	47
Cuidado del recién nacido	48
Lactancia	48
Niños saludables, futuros saludables.....	48
Cómo comprender el asma de su niño	48
Un peso saludable, una vida saludable	49
El colesterol y su corazón.....	49
Libertad del tabaco (SMOKHE)	49
Prediabetes.....	49
Datos básicos sobre la diabetes	50
Cómo vivir bien con diabetes.....	50
Lo básico de la presión sanguínea	50
Materiales impresos y en video	50

Resources

Advance Health Care	
Directive Kit	20
Asthma Video	13
Cancer Prevention	13
Choose Your Doctor.....	27
Complementary Care.....	38
Cosmetic Services	37
Depression Video	26
Diabetes Video	14
Doctor’s Home Page	28
Domestic Violence	45
Farmers’ Market	back cover
Headaches.....	31
Healthy Lifestyle Programs	8
Healthy Living Classes.....	21
Home Blood Pressure Monitors.....	23
In Vitro Fertilization.....	34
kp.org	18
Laser Vision Correction	16
Leap of Life	39
Medical Weight Management	inside front cover
<i>Online Newsletters for Parents</i>	33
Podcasts.....	25
Smoking Cessation.....	39
Teen Sexual Health Podcasts.....	11
Vision Essentials	inside back cover
Volunteering	17
Weight Management Online Newsletter	43
Young Adults Online	10

Welcome to Healthy Living 2010

We encourage you to take a step toward achieving a lifetime of robust health and well-being. This guide to Healthy Living classes and programs gives you the tools that can help you and your loved ones stay healthy. Find out how healthy living can improve your life. If you can't make it to a class, a wide range of online health programs are also available to help you reach your goals.

Our Healthy Living Programs

Your mind, body, and spirit are unique, and keeping them in balance is a way to help maintain your health. That's why we offer a range of programs and services at our Health Education Centers.

How to Register for Classes

Our classes are open to Kaiser Permanente members, and some classes are open to the community. To register, call the number listed under the course description.

Locations, Dates, and Times

Classes and groups are offered at one or more of the seven facilities in the Diablo Service Area: Antioch and Walnut Creek Medical Centers; and Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices. Each listing indicates the facility where classes meet. For the exact location, dates, and time, call the number listed with the course description.

Fees and refund policy

We offer a variety of classes and programs to Kaiser Permanente members and the community. Class fees vary depending on the class and your health plan coverage.* Please see class listings for fee information.

Registration and prepayment are required. Cash, check, credit cards, and debit cards are accepted.

To receive a class refund, participants must cancel prior to the class start date. All programs are subject to change and cancellation, and those registered will be notified of any schedule changes.

*Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan.

Online resources, books, and DVDs

Throughout this catalog, you'll find Web sites with useful information and interactive programs about a variety of health topics, from children's health and parenting to chronic conditions like diabetes and high blood pressure.

You may purchase a variety of DVDs, books, and other health-related products at our Health Stores located in our Health Education Centers. Resources that are relevant to the topics covered in our classes are listed under the class descriptions.

Health Education lending library

Our Health Education Centers offer a wide selection of videos and DVDs for loan to our members. Here are some answers to some frequently asked questions about our lending procedures:

- **How many items can I check out?**
Up to three items a day.
- **How long can I keep these items?**
One week.

- **Where do I return the borrowed items if the Health Education Center is closed?**
You can return your items at the drop box.
- **How do I renew items?**
You can renew items once, by phone or in person.
- **What if the borrowed items are damaged or lost?**
Please take care of items you borrow. If they aren't returned in the condition borrowed, you are responsible for the replacement cost, up to \$500.

Alcohol and Drugs

Alcohol and Drug Education Series

Do you have concerns or questions about your own or a loved one's alcohol or drug use? Learn more in this free program. The series includes presentations, discussions, and videos about addiction, codependency, and recovery.

HEALTHY LIFESTYLE PROGRAMS

Take advantage of these free online, personalized programs from HealthMedia® to help you assess your behaviors and learn ways to improve your health:

- **Succeed™** for a total health assessment.
- **Care™ for Your Health** for managing ongoing health conditions.
- **Balance™** for weight management and physical fitness.
- **Nourish™** for good nutrition.
- **Breathe™** for smoking cessation.
- **Overcoming™ Depression** for managing depression.
- **Care™ for Diabetes** for managing diabetes.
- **Overcoming™ Insomnia** for a good night's sleep.
- **Care™ for Pain** for managing ongoing pain.
- **Relax™** for stress reduction.
- **Care™ for Your Back** for managing back pain.

Open to Kaiser Permanente members only.

Location: Martinez Medical Offices

Fee: No fee

Registration: Call (925) 688-8910.

Allergy

Allergy Information Line

Call for recorded tips about handling your allergies. *Open to the community.*

Fee: No fee

Information: Call (925) 906-2133.

Cancer

American Cancer Society

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

Call anytime, day or night, for information and support. *Open to the community.*

Information: Call 1-800-227-2345 or visit **cancer.org**.

Cancer prevention: It's in your power. See page 13.

Look Good, Feel Better Workshop

Like many people undergoing cancer treatment or dealing with a cancer diagnosis, you may have forgotten that looking better on the outside can help you feel better on the inside. Take this opportunity to meet our trained staff of cosmetologists and pamper yourself. From skin care and makeup tips to stylish wigs and scarves, you can look good and feel better! *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers

Fee: No fee

Registration: Call the American Cancer Society at 1-800-227-2345.

Start making positive changes today.

Visit kp.org/healthylifestyles and choose a program. We'll guide you through an evaluation and tailor a program to fit your individual needs. Five of the programs are also available in Spanish; for more information on these, visit kp.org/vidasana.

These programs require you to be registered and signed on to our Web site. If you haven't registered yet, start by going to kp.org/register.



The Wellness Community

The Wellness Community provides free, weekly support groups for people with all types of cancer and their loved ones. In addition, networking groups offer the opportunity for people to come together and share issues common to a particular type of cancer. Education workshops and stress management programs are also offered. *Open to the community.*

Information: Call (925) 933-0107 or visit thewellnesscommunity.org.

Child and Teen Health

1-2-3 Magic: Effective Discipline for Children 2 to 12

1-2-3 Magic is an internationally acclaimed child-discipline program. The program, developed by Thomas W. Phelan, offers a humorous look at parenting with a serious look at discipline. The techniques you'll learn include disciplining without arguing, yelling, or spanking, and the five tactics for encouraging good behavior. Adults only. *Open to the community.*

Location: Antioch Medical Center; Livermore and Martinez Medical Offices

Fee: \$50 members; \$65 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/children
Health Store resources: 1-2-3 Magic book and DVD; More 1-2-3 Magic DVD

Autism and Your Child: Starting the Course

A single-session program for parents and relatives of children from birth to 18 who have recently been diagnosed with an Autism Spectrum Disorder (ASD) or are awaiting an ASD evaluation. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: San Jose Medical Center at permanente.net/homepage/kaiser/pages/d11809-top.html



YOUNG ADULTS ONLINE

Perform at your best during school and at work with Healthy Living tools and resources with kp.org/youngadulthealth. Connect to health information or customize an interactive program to help you meet your health goals. And stay in touch with your doctor—one you've chosen to meet your individual needs—no matter where you are. Life is all about learning, and we're here to help with your health education—for your body, mind, and spirit.

TEEN SEXUAL HEALTH PODCASTS

This series of four podcasts features 20 teens from two San Francisco high schools talking with Kaiser Permanente pediatrician Chuck Wibblesman, MD, about teen sexual health. Topics include dating, sexual orientation, birth control, and sexually transmitted infections. To start listening, find your physician's home page at kp.org/mydoctor and click on "Podcasts."



Autism and Your Child: Charting the Course

A program for parents of children, elementary through middle school age who have been recently diagnosed with autism, pervasive developmental disorder, not otherwise specified (PDD-NOS), or with Asperger's syndrome.

Open to the community.

Location: Walnut Creek Medical Center; Pleasanton Medical Offices

Fee: \$85 members per family; \$100 nonmembers per family

Registration: Call 1-866-248-0721.

Online resources: San Jose Medical Center at permanente.net/homepage/kaiser/pages/d11809-top.html

Healthy Eating, Active Living for Kids and Families

Healthy eating and exercise habits begin with the family. We're here to help you and your school-age children, 7 to 12, develop a healthy lifestyle together. In this overview, we cover basic nutrition and strategies for increasing energy and fitness with activities the whole family can enjoy.

Parents attend with their child and learn how to be healthy role models. *Open to the community.* Available in Spanish.

Location: Antioch Medical Center; Delta Fair, Livermore, Martinez,

Park Shadelands, and Pleasanton Medical Offices

Fee: No fee for members; \$25 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/kidwisdom and kp.org/amazingfooddetective

Managing Stress for Teens ages 14 to 17

Is stress making you sick?

Stress in teens can affect family relationships, friendships, and self-esteem. This program is designed to help you cope with pressures at school, at home, and in your relationships. You'll learn how to identify various types of stress and how to incorporate coping strategies into your daily routine. In addition, you'll learn ways to relax using various breathing techniques and guided imagery. *Open to the community.*

Location: Pleasanton Medical Offices

Fee: \$45 members; \$60 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/relax and kp.org/youngadulthealth (Emotional and Mental Health)

Health Store resources: *Healthy Mind, Healthy Body Handbook; Stress Management CD*

Preparation for Puberty

This half-day workshop is for boys 10 to 13 and girls 9 to 12 and their parents. The goal of this program is to increase comfort and communication between parents and children about sensitive topics. Preadolescent development, puberty, and sexuality are discussed. This program is sponsored by Planned Parenthood and Kaiser Permanente. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Pleasanton Medical Offices

Fee: \$20 per family

Registration: Call Planned Parenthood at **(925) 887-5327**.

Sexual Safety for Youth with Developmental Disabilities

This class is a workshop for girls and boys 12 to 18 with developmental disabilities and their parents. It provides a safe setting for parents and children to talk about sexual subjects such as appropriate and inappropriate touch. We also practice skills for protection against unwanted advances. Visual aids, discussion, and activities are used to reinforce the workshop ideas. This program is sponsored by Planned Parenthood and Kaiser Permanente. *Open to the community.*

Location: Walnut Creek Medical Center

Fee: \$20 per family

Registration: Call Planned Parenthood at **(925) 887-5327**.



Surviving Your Adolescents: How to Manage and Let Go of Your 13- to 18-year-olds

Living with a teenager is no picnic. There are times when you must bite your tongue as they push towards independence. Or if you sense there is trouble, there are times when you must take charge. This class gives parents a step-by-step approach that will help end the hassles and offer concrete solutions. No children please. *Open to the community.*

Location: Livermore Medical Offices

Fee: \$50 members; \$65 nonmembers

Registration: Call **1-866-248-0721**.

Online resources: kp.org/children and kp.org/youngadulthealth

Health Store resources: *Surviving Your Adolescents* book and DVD

Life is all about learning,
and we're here to help
with your health education.
kp.org/youngadulthealth

UNDERSTANDING YOUR CHILD'S ASTHMA: ONLINE VIDEO

Don't have time to go to a class? Now you can learn the skills to improve your child's asthma control and help prevent flare-ups at home. This video will help you:

- Learn what triggers your child's asthma and how to avoid them
- Recognize your child's asthma symptoms and take action quickly to prevent them from getting worse

- Manage your child's asthma at home and know when it's important to call the doctor

To access online videos, go to kp.org/mydoctor, find your physician's home page, and click on "Videos" under Healthy Living Resources.

Chronic Conditions Self-Management

Acu-Yoga

This four-session class combines techniques of acupressure self-massage with gentle yoga for deep relaxation. Join us to increase your awareness of breathing, build strength and flexibility, and relieve tension in specific areas of the body. The yoga poses you practice in this class are appropriate for beginners. You must be able to get onto the floor and back up without assistance. The class may

not be appropriate if you have had recent surgery, including joint replacement surgery. *Open to the community.*

Location: Park Shadelands Medical Offices

Fee: \$60 members; \$80 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness

Health Store resources: Acu-Yoga book

START SURFING

Find your doctor's home page at kp.org/mydoctor.

CANCER PREVENTION. IT'S IN YOUR POWER.

You can reduce your risk for certain cancers by making just a few small changes in your health:

- Use at least 30 SPF sunscreen every day
- Reduce your alcohol consumption
- Maintain a healthy weight through diet and physical activity
- Eat a diet rich with fruits and vegetables, and low in fats
- Keep up on your preventive health screenings for breast, colorectal, cervical, and prostate cancers



Acupressure

This four-week class covers self-care massage techniques for managing a variety of conditions, including arthritis, insomnia, and neck and shoulder muscle stiffness, pain, and stress. *Open to the community.*

Location: Park Shadelands Medical Offices

Fee: \$60 members; \$80 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness

Health Store resources: *Acupressure's Potent Points* book

Healthier Living with Ongoing Health Conditions

Living with an ongoing health condition such as diabetes or arthritis doesn't mean you have to be ruled by it. Learn to manage your symptoms, fight fatigue and frustration, make daily tasks easier, and get on with your life. *Open to the community.*

Location: Delta Fair, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee for members; \$80 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/pain and kp.org/careforpain

Health Store resources: *Living a Healthy Life with Chronic Conditions* book and *Time for Healing* CD

Death: Coping and Decisions

Medical Advance Planning Workshop

Will your wishes be known if you become unable to make your own health decisions? In this introduction to Advance Health Care Directives, we explore legal forms that you can fill out without a lawyer. We also discuss what to consider when you delegate health care decisions, and give information on the Physician Orders for Life Sustaining Treatment (POLST) form. We encourage you to bring a family member or

INSULIN FOR DIABETES VIDEO SERIES

Studies have shown that early use of insulin can produce better long-term results and blood sugar control among those with diabetes. This video series will teach you how to prepare and inject insulin and help you understand why insulin is one of the best tools available to manage your blood sugar.

To access online videos, go to kp.org/mydoctor, find your physician's home page, and click on "Videos" under Healthy Living Resources.



support person. *Open to Kaiser Permanente members only.*

Location: Antioch and Walnut Creek Medical Centers; Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/advancedirectives and kp.org/healthdecisions

Health Store resources: Advance Health Care Directive form; Choices DVD

Kaiser Permanente Hospice Program—Bereavement Education and Support Services

When you are struggling to cope with the loss of a loved one, you can get support, information, and referral services through Kaiser Permanente Hospice. Bereavement groups and educational sessions are available at various Kaiser Permanente facilities throughout the year. *Open to the community.*

Fee: No fee

Information: Call (925) 229-7817.

Diabetes

Prediabetes

Preventing or delaying the onset of diabetes begins with a healthy lifestyle: eating right, exercising more, and knowing the facts. This class will help you take charge of your health and learn how to reduce your risk of diabetes and its complications. Together with advice from your doctor, we are here to help. *Open to Kaiser Permanente members only. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/diabetes and kp.org/healthylifestyles

Health Store resources: *Month of Meals* cookbooks; exercise and fitness DVDs

TALK TO YOUR DOC

Your health is a team effort.

Diabetes Basics

You can feel better and be more active when you learn the basics of managing your type 2 diabetes. In this class, we give you an overview of the four key areas of diabetes management: healthy eating, exercise, monitoring your blood sugar level, and proper use of medication. We will show you how to use your blood sugar monitor and help you learn to recognize the signs of high and low sugar levels. *Open to Kaiser Permanente members only. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/diabetes and kp.org/healthylifestyles

Health Store resources: *Month of Meals* cookbooks



See your life.
CLEARLY.

THE DECISION TO UNDERGO A VISION CORRECTION PROCEDURE IS AN IMPORTANT ONE. And choosing who to perform the procedure is just as important. When you trust your eyes to Kaiser Permanente, an experienced team of professionals will care for you. We offer a range of vision correction services including laser vision correction (LASIK, Wavefront, and IntraLase) and cataract surgery with a premium intraocular lens (multifocal and Toric.)

For more information about our services please call **(925) 906-2550**.

**Kaiser Permanente
Park Shadelands Medical Offices**
Ophthalmology—Eye Care Services
320 Lennon Lane, Shasta Building
Walnut Creek, CA 94598

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*.

Photo of models shown, not actual patients.

kpvisioncorrection.com

KAISER PERMANENTE®  thrive

Diabetes Nutrition and Carbohydrate Counting

Most people with diabetes want better blood sugar control, and a good way to reach this goal is to learn how to count the carbohydrates in your meals. In this single-session class, you'll learn to read food labels using easy carbohydrate-counting tools. With a hands-on approach, you can use your new skills to plan balanced nutritious meals. *Open to Kaiser Permanente members only.*

Location: Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call (925) 372-1747.

Online resources: kp.org/diabetes

Health Store resources: *Month of Meals* cookbooks; *The Calorie King*®

Living Well with Diabetes

Once you have learned the basics of diabetes self-management, you are ready to advance to the next level. In these sessions, we take an in-depth look at diabetes and recommended care. You will learn new skills for making good food and exercise choices, bringing your blood sugar back into range, and handling the stress and emotions related to diabetes. You will also learn how good blood sugar control and proper use

of medication can help prevent diabetes complications. *Open to Kaiser Permanente members only. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/diabetes or kp.org/mydoctor and select your Physician's home page to view the *Insulin for Diabetes* video.

Health Store resources: *Month of Meals* cookbooks

Family Planning

Infertility Group Appointment

Learn about the various aspects of the causes and treatments for infertility. *Open to Kaiser Permanente members only.*

Location: Park Shadelands Medical Offices

Fee: No fee for the group appointment. Fees may apply for treatment and lab work, depending on your health plan coverage.

Registration: Call (925) 906-2329.

BECOME A HEALTH EDUCATION VOLUNTEER

If you enjoy helping others and are available one morning or afternoon a week, we invite you to join our volunteer staff. You'll get training in our department, a great group of volunteers to work with, and appreciation from our staff and members. No previous experience is necessary. For more information, please call 1-866-248-0721 or visit our Health Education Center.



Tubal Ligation Group Appointment

Learn about the various aspects of tubal ligation as an operation, including benefits, risks, recovery, and potential side effects. We also discuss the permanence of this procedure. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center; Delta Fair and Pleasanton Medical Offices

Fee: Office visit cost share

Registration: For information or to register, call:

(925) 779-5147 (Delta Fair)

(925) 847-5050 (Pleasanton)

(925) 295-4492 (Walnut Creek)

Vasectomy Group Appointment

Find out what to expect before and after a vasectomy, as well as possible side effects, recovery, and permanency. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: Office visit cost share

Registration: Call **(925) 295-4060**.

First Aid, CPR, and Emergency Preparedness

CPR: Infant to Adult

With the training provided in this half-day class, you'll be able to help an infant, child, or adult when heart or breathing functions stop. This class includes a book, materials, and an optional EMS certification card (given upon completion of a written test). This course does not meet cardiopulmonary resuscitation (CPR) certification requirements for California child care providers or health care providers. *Open to the community.*

Location: Pleasanton Medical Offices

Fee: \$50 members; \$60 nonmembers

Registration: Call **1-866-248-0721**.

Online resources: kp.org/health (Search "Rescue Breathing and CPR")

KP.ORG

Stay engaged with your family's health and simplify your busy life with My Health Manager on kp.org.

- E-mail your doctor*
- View most lab test results*
- Schedule, cancel, or review routine appointments*
- Order prescription refills*
- Act for a family member*
- Stay on top of the latest health information

- Get maps, directions, and contact information to our facilities
- Find classes and support groups in your area
- And more!

*To access secure features of My Health Manager on our Web site, all you need to do is register at kp.org/register and then log on with your username and password. Some services are not available in all areas.

First Aid and CPR for All Ages

Learn essential CPR and basic first aid skills for all ages. The all-day training is highly recommended for expectant parents, new parents, foster and adoptive parents, and grandparents. This class includes a book, materials, and an optional EMS certification card (given upon completion of a written test). This course does not meet cardiopulmonary resuscitation (CPR) certification for California child care providers or health care providers. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers

Fee: \$65 members; \$75 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/health (Rescue Breathing and CPR) and kp.org/children (First Aid and Safety)

Pediatric CPR: Infant to 8 Years

This condensed class focuses on how to help an infant or young child (from birth to age 8) whose heart or breathing function stops. (For more in-depth information,



please consider our other CPR classes.) This class includes a book, materials, and an optional EMS certification card (given upon completion of a written test). This course does not meet cardiopulmonary resuscitation (CPR) certification requirements for California child care providers or health care providers. *Open to the community.*

Location: Walnut Creek Medical Center; Delta Fair and Livermore Medical Offices

Fee: \$40 members; \$50 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/health (Search "Rescue Breathing and CPR") and kp.org/children (First Aid and Safety)

Did you remember to use sunscreen today?

Emergency Preparedness for Home

Learn how to prepare your home for an emergency or natural disaster. As part of the class, attendees will receive an individual compact (emergency) kit that includes a particulate air filter, emergency blanket and poncho, pocket first aid kit, water packets, and more. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers

Fee: \$60 members; \$70 nonmembers

Registration: Call 1-866-248-0721.

HAVE YOU THOUGHT ABOUT...

...who you would want to speak for you if you became unable to make medical decisions?

For more information and to pick up an Advance Health Care Directive Kit, stop by your local Health Education Center. See page 3 for locations.



Flexibility and Movement

Acu-Yoga

This four-week class combines techniques of acupressure self-massage with gentle yoga for deep relaxation. Join us to increase your awareness of breathing, build strength and flexibility, and relieve tension in specific areas of the body. The yoga poses you practice in this class are appropriate for beginners. You must be able to get onto the floor and back up without assistance. The class may not be appropriate if you have had recent surgery, including joint replacement surgery. *Open to the community.*

Location: Park Shadelands Medical Offices

Fee: \$60 members; \$80 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness

Health Store resources:
Acu-Yoga book

Acupressure

This four-week class covers self-care massage techniques for managing a variety of conditions, including arthritis, insomnia, and neck and shoulder muscle stiffness, pain, and stress. *Open to the community.*

Location: Park Shadelands Medical Offices

Fee: \$60 members; \$80 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness

Health Store resources:
Acupressure's Potent Points book

Feldenkrais®

Learn gentle movement sequences designed to improve mobility, flexibility, balance, coordination, comfort, posture, and breathing for anyone experiencing muscle pain, recovering from injuries, or dealing with neurological disorders. *Open to the community.*

Location: Antioch Medical Center and Park Shadelands Medical Offices

Fee: \$60 members; \$80 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness

Tai Chi

Calm your mind and body with the gentle, flowing movements of tai chi. Improve strength, flexibility, and balance, which can help prevent falls. This six-session course includes breathing and meditation instruction. *Open to the community.*

Location: Antioch Medical Center; Livermore, Martinez, and Pleasanton Medical Offices

Fee: \$75 members; \$90 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness and kp.org/healthcoach

Health Store resources: *T'ai Chi Beginning Practice* DVD

Prenatal Yoga

Prepare your body and mind for birth and beyond by learning yoga postures, breathing techniques, meditation, and body awareness. Taught by a certified prenatal yoga instructor, this class is perfect for all stages of pregnancy. No experience necessary. *Open to the community.*

Location: Livermore and Pleasanton Medical Offices

Fee: \$80 members; \$90 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness and kp.org/healthcoach

Health Store resources: *Prenatal Yoga* DVD

Yoga

Yoga can be beneficial to every body, regardless of flexibility or strength. Through this beginning practice, you will learn to increase awareness through breathing, increase mobility in joints, and build stability in your body. Each class will end with a deep relaxation exercise. Bring a mat or a towel to class. This class is taught by a certified yoga instructor. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Livermore and Pleasanton Medical Offices

Fee: \$80 members; \$90 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness and kp.org/healthcoach

Health Store resources: *AM & PM Yoga* DVD and yoga mats

STEP IT UP

Our 10,000 Steps® program can help you lose weight or simply feel great. Visit kp.org/10000steps.

NOURISH YOUR MIND AND BODY

Want to pick up a good habit? Drop a bad habit? Get help managing an ongoing condition? With our Healthy Living classes and programs, you can learn how to make healthier choices and take better care of yourself.

Stop by or call your local Health Education Center to learn more about the classes listed in this catalog. You can also search class listings at our other facilities online at kp.org/classes.



Gastroenterology (GI)

Functional Bowel Problems

Are you troubled by functional bowel problems? This class will cover various functional gastrointestinal (GI) problems including common bowel symptoms, warning signs, treatment options, nutrition, medications, dietary supplements, and stress management. *Open to Kaiser Permanente members only.*

Registration: Please contact your physician for a referral to this program.

Head and Neck Surgery

Tinnitus

A Head and Neck Surgery Department surgeon provides information about potential causes, explains what to expect over time, and gives advice about this condition. *Open to Kaiser Permanente members only.*

Registration: Please contact your physician for a referral to this program

Heart and Circulatory System

Blood Pressure Screening

Drop by the Health Education Center weekdays between 8:30 a.m. to 4:30 p.m. to use

our self-check blood pressure machine. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Information: Call 1-866-248-0721.

Understanding Your High Blood Pressure

High blood pressure (hypertension) can happen to anyone. Join us to learn the basics about high blood pressure, ways to care for yourself, and positive lifestyle changes that can help keep your heart healthy. *Open to Kaiser Permanente members only. Available in Spanish.*

Location: Antioch Medical Center; Livermore, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources:

kphealthcast.org/medicine and kp.org/careforyourhealth

Cholesterol and Your Heart

Want to lower your cholesterol but don't know where to begin? This class helps you understand how exercise and a heart-healthy diet can help lower your cholesterol, improve your overall health, and reduce your risk for heart attacks and strokes. *Open to Kaiser Permanente members only. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/heart

Living Better with Heart Failure

Did you know heart failure is a manageable condition? Join us and discover how you can feel better through healthy eating, activity, medications, checking your weight daily, and much more.

A full and enjoyable life can be within your reach. Caregivers or loved ones are encouraged to attend with you. *Open to Kaiser Permanente members only.*

Location: Antioch and Walnut Creek Medical Centers

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/heart and kp.org/listen

Health Store resources: *American Heart Association* cookbook

Living Better with Heart Failure: Learn-by-Phone

Call in to learn about living well with heart failure. This course consists of two 1-hour sessions brought to you in the comfort of your own home. *Open to Kaiser Permanente members only.*

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/heart and kp.org/listen

Health Store resources: *American Heart Association* cookbook

FRESHEN UP

Load up on fresh fruits and vegetables at our farmers' markets. *See the back cover for details.*

Ways to a Healthier Heart

Recovering from a heart attack or heart surgery? You can make lifestyle changes today that will help you live a healthy and active life. Join us to learn how you can eat differently, exercise, and manage your stress to promote a healthy heart. Find out how these changes can impact your overall health and well-being. *Open to Kaiser Permanente members only.*

Location: Antioch and Walnut Creek Medical Centers; Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/heart and kp.org/listen

Health Store resources: *American Heart Association* cookbook



IT'S EASY TO KEEP TRACK OF YOUR BLOOD PRESSURE

Home blood pressure monitors are available for purchase at your Kaiser Permanente pharmacy.

Mended Hearts Support Group

Anyone who has had heart surgery or another heart condition is welcome to join this education and support group. Drop-ins welcome. *Open to the community.*

Location: Walnut Creek Medical Center

Fee: No fee

Information: Call (925) 708-4151.

Online resources:
mendedhearts254.org and
kp.org/heart

Varicose Vein Group Appointment

In this group appointment, learn about how varicose veins develop and explore risk factors, symptoms, prevention, and treatment. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: Office visit cost share

Registration: Call (925) 295-6359.

HIV and AIDS

HIV Support Group

If you or your loved one lives with HIV/AIDS, an ongoing support group is available to you. The group is designed for those with HIV/AIDS, their families, and significant others. *Open to the community.*

Information: Contact Amy Kahn at (925) 372-1287.

Online resources: kp.org/hiv

HIV Testing, Results, and Education

Take responsibility for your health and well-being by knowing your



HIV status. In addition to lab work, our testing services include counseling before the test and when you receive your test results. Please call to schedule an appointment with a health educator. Our testing services are available by appointment only. *Open to Kaiser Permanente members only.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/hiv

Men's Health

Testicular Self-Exam

Drop by the Health Education Center weekdays from 8:30 a.m. to 4:30 p.m. and learn how to perform a testicular self-exam (TSE). We recommend a TSE for all men under 30. Use a testicular model with a 10-minute video for this training. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

PODCASTS

Don't have time to take a health class? Check out our *Healthy Living To Go* podcasts. Listen to nutrition tips while you're making dinner or learn about reducing stress while you're out for a walk.

To start listening, find your physician's home page at kp.org/mydoctor and click on "Podcasts." Once there, you can:

- Click on a topic from our podcast library and listen from your computer, or
- Download a topic to listen to later or to take with you on your portable audio player

Topics include *Exercise Smart*, *Stress Management*, *Walking for Health*, *Quitting Smoking*, and *Healthy Pleasures*. Check out our podcasts today and get your good health to go.

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources:
kp.org/menshealth

Mental Health and Social Well-Being

ADHD in Adults

This series gives you a basic understanding of attention deficit/hyperactivity disorder (ADD/ADHD). You'll learn how to identify symptoms and behaviors associated with ADD/ADHD and its impact on self-esteem, relationships, and overall functioning. You'll also learn effective skills for organizing your life, including time management, planning, and goal setting. Additional topics include self-care, management of anger and impulsivity, communication styles, and accessing treatment and ADD/ADHD resources. *Open to the community.*

Location: Pleasanton Medical Offices

Fee: \$85 members; \$105 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/health (Search "ADHD")

Managing Anger

Are you having trouble controlling your anger? Is it coming out in ways that are causing problems at home, with friends, or at work? You can deal with anger in healthier ways. Join this course and learn to identify your anger triggers, develop communication skills, and practice new ways to respond—before your emotions take control. *Note:* This series does not satisfy the court-ordered treatment required for domestic violence. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Martinez, and Pleasanton Medical Offices

Fee: \$120 members; \$200 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/mindbody or kp.org/mydoctor and select your physician's home page to view the *Managing Your Anger* video.

Health Store resources: *When Anger Hurts* book

Understanding Anxiety Series

In this series, you will learn about the different causes of anxiety and dig deeper to understand what triggers anxiety for you and ways to manage your symptoms. We'll discuss what happens to the brain when it responds to a perceived threat, and what physical symptoms you may feel. We'll help you explore your thoughts and compare your fears with the facts of a situation. You'll also learn techniques to relax, reduce your response to triggers, and think and act assertively. *Open to the community.*

Location: Delta Fair, Martinez, and Pleasanton Medical Offices

Fee: \$80 members; \$108 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/mindbody or kp.org/mydoctor and select your Physician's home page to view the *Anxiety* video.

Health Store resources: *Time for Healing* CD

LESS (STRESS) IS MORE

Try a class that will help you relax and stay fit. See pages 20–21, 29.

Autism and Your Child: Starting the Course

A single-session program for parents and relatives of children, birth to 18, who have recently been diagnosed with an autism spectrum disorder (ASD) or are awaiting an ASD evaluation. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: San Jose Medical Center at permanente.net/homepage/kaiser/pages/d11809-top.html

Autism and Your Child: Charting the Course

A program for parents of children, elementary through middle school age who have been recently diagnosed with autism, pervasive developmental disorder, not otherwise specified (PDD-NOS), or with Asperger's syndrome. *Open to the community.*

Location: Walnut Creek Medical Center; Pleasanton Medical Offices

Fee: \$85 members per family; \$100 nonmembers per family

Registration: Call 1-866-248-0721.



DEPRESSION

It's more than just "the blues." It's a real and serious medical illness, just like heart disease or diabetes, and it's more common than you realize. Learn more about depression symptoms, causes, and treatment options through our depression video series.

To access online videos, go to kp.org/mydoctor, find your physician's home page, and click on "Videos" under Healthy Living Resources.



CHOOSE YOUR DOCTOR

Have you selected a personal physician?

If not, call **1-888-278-3329**. We'll help you choose a primary care physician or nurse practitioner who's right for you and your family.

You can also choose an available doctor online. Just go to **kp.org/mydoctor** and follow the prompts.

Online resources: San Jose Medical Center at **permanente.net/homepage/kaiser/pages/d11809-top.html**

Couples Communication Series

Learning how to communicate effectively is an ongoing process and one that requires skill, even in the best of relationships. Problems in relationships are not necessarily the issue—what is important is *how* we deal with them. Learn more effective ways to talk about difficult topics, reduce defensiveness, and understand each other's perspective. You'll learn problem-solving techniques and ways to increase pleasure and positive interactions. This series is for couples in committed relationships. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: \$120 member couple; \$180 nonmember couple (Only one person needs to be a member to get the member couple rate.)

Registration: Call **1-866-248-0721**.

Online resources: **kp.org/mindbody** (Communicating well)

Health Education Center resources: *The Couples Skills* DVD for loan.

Managing Depression Series

Are you losing interest in favorite activities, having trouble getting a good night's sleep, or feeling down and don't know why? You may be suffering from depression, a common treatable condition that affects more than 19 million Americans. Most people who seek help do find ways to feel better. Join this single-session program to learn about depression—how it starts, what resources are available, and what you can do to feel better. Your friends and family are welcome. *Open to the community.*

Location: Walnut Creek Medical Center; Delta Fair and Pleasanton Medical Offices

Fee: No fee for members; \$108 nonmembers

Registration: Call **1-866-248-0721**.

Online resources: **kp.org/depression** or **kp.org/mydoctor** and select your Physician's home page to view the *Depression* video.

WANT TO GET PERSONAL?

Get help reaching your personal health goals online at **kp.org/healthylifestyles**.

YOUR HEALTH, ONLINE.



Visit your doctor online regularly. At kp.org/mydoctor, you can:

- **E-mail your doctor** with nonurgent medical questions¹.
- **Stay on track.** Check which immunizations, screening tests, and well-check appointments you or your child may need^{1,2}.
- **Get support.** Find information on managing weight with WebCare for Weight Management¹, handling headaches with Managing Your Headaches, and reducing stress with an Online Health Coach¹.
- **Be healthy at every stage.** Get trusted information from Kaiser Permanente doctors on birth and raising babies, kids, and teens delivered right to your inbox. Sign up for one or all four online newsletters: *Healthy Beginnings*, *Healthy Babies*, *Healthy Kids*, and *Healthy Teens*.
- **Learn more.** Listen to podcasts. Watch videos. Or read information your doctor recommends.

Find your doctor online at kp.org/mydoctor for these and many more online features.

¹These features require you to have an active password for our member site. To request a password, go directly to the feature, go to kp.org/register, or visit your local Health Education Center.

²Preventive Services feature coming in 2010.

Managing Stress for Teens, ages 14 to 17

Is stress making you sick?

Stress in teens can affect family relationships, friendships, and self-esteem. This program is designed to help you cope with pressures at school, home and in your relationships. You'll learn how to identify various types of stress and how to incorporate coping strategies into your daily routine. In addition, you'll learn ways to relax using various breathing techniques and guided imagery. *Open to the community.*

Location: Pleasanton Medical Offices

Fee: \$45 members; \$60 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/relax and kp.org/youngadulthealth (Emotional and Mental Health)

Health Store resources: *Healthy Mind, Healthy Body Handbook; Stress Management CD*

From aspirin to yoga,
our health encyclopedia
has the answers you want.
kp.org/health

Mindfulness Meditation

This class teaches mindfulness meditation techniques and gentle yoga to increase mind-body awareness and improve your ability to cope with stress, pain, and illness. This course is modeled after the Stress Reduction Clinic developed by Jon Kabat-Zinn, PhD. *Open to the community.*

Location: Walnut Creek Medical Center; Pleasanton Medical Offices

Fee: \$185 members; \$260 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/mindbody and kphealthcast.org/psychiatry

Health Store resources: *Healthy Mind, Healthy Body Handbook; Stress Management CD*

Mind-Body Medicine for Stress

Medical science has made amazing discoveries about how emotions, thoughts, and behaviors can affect physical symptoms and affect our health. Understanding this "mind-body connection" can be the first step to managing your daily stress, and feeling better mentally and physically. In this series, you'll learn to recognize the sources of stress in your life and how to help manage stress-related symptoms and illnesses. You'll learn ways to relax and develop healthy lifestyle habits to take better care of yourself and enjoy life more. *Open to the community.*

Location: Antioch Medical Center; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee for members; \$108 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/relax and kphealthcast.org/psychiatry

Health Store resources: *Healthy Mind, Healthy Body Handbook; Stress Management CD*

Nephrology

Taking Care of Your Kidneys

Have you been diagnosed with kidney disease? Learn more about your condition so you can better manage it. This class covers basic kidney function, the causes of kidney disease, treatment options, and nutrition therapy. *Open to Kaiser Permanente members only.*

Registration: Please contact your physician for a referral to this program.

Online resources: kp.org/mydoctor and select your Physician's home page to view the *Chronic Kidney Disease* video.

Neurology

Headache Education

This class is taught by a neurology nurse practitioner with an emphasis on migraine and tension headache self-management techniques. You can ask questions and get answers during class. No referral needed.

Open to Kaiser Permanente members only.

Location: Antioch and Walnut Creek Medical Centers

Fee: Office visit cost share

Registration: Call (925) 295-6953.

Nutrition

Nutrition Basics

Are you confused about what healthy eating means? Nutrition can affect your health, weight, and physical and emotional well-being. Attend this one-session class

to learn about healthier eating habits, developing a healthy grocery list, and incorporating good nutrition into your lifestyle. *Open to the community.*

Location: Antioch Medical Center; Livermore and Park Shadelands Medical Offices

Fee: No fee for members; \$25 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/nutrition

Health Store resources:

Cookbooks, fitness DVDs, a food and exercise journal, *The Calorie King*®

Additional resources: Individual nutrition counseling with a registered dietitian for Kaiser Permanente members. Please contact your physician for a referral to this service.

LIGHTEN UP

Finding your healthy weight can have you looking and feeling great. See page 42.

Ophthalmology

Macular Degeneration

In this group appointment we will discuss the different types of macular degeneration and their treatment options, risk factors, and benefits. We'll also discuss nutrition and low vision problems. No referral needed. *Open to Kaiser Permanente members only.*

Location: Park Shadelands Medical Offices

Fee: No fee

Registration: Call (925) 906-4844.

MANAGING YOUR HEADACHES

Headaches. We've all had them at some point in our lives.

That's why we've created the Managing Your Headaches program, an online resource that teaches you about headache types and triggers and shows you how to manage and prevent future headaches. To access this free program, find your doctor's home page at kp.org/mydoctor and click on the "Managing Your Headaches" link.



Orthopedics

Total Hip Replacement

Are you facing total hip replacement surgery? An orthopedist will answer your questions and explain what to expect. This visit provides information to help you recuperate as quickly as possible. *Open to Kaiser Permanente members only.*

Registration: Please contact your physician for a referral to this program.

Online resources: kp.org/mydoctor and select your Physician's home page to view the *Prepare for your Procedure (EMMI)* video.

Total Knee Replacement

In this program, led by an orthopedist, we'll discuss what you can expect before and after total knee replacement surgery. This overview helps support a quick recovery. *Open to Kaiser Permanente members only.*

Registration: Please contact your physician for a referral to this program.

Online resources: kp.org/mydoctor and select your Physician's home page to view the *Prepare for your Procedure (EMMI)* video.

Physical Therapy

A variety of programs are offered throughout our service area: Back Care, Chronic Venous Insufficiency, Fall Prevention, Knee, Managing Lymphedema, Motor Vehicle Accident, Neck, Patellofemoral, Shoulder, and TMJ (temporal mandibular joint) classes. *Open to Kaiser Permanente members only.*

Registration: Please contact your physician for a referral to these programs.

Get your health information to go with podcasts. See page 25.

Podiatry

Heel Pain

A podiatrist or instructor will answer your questions about plantar fasciitis and discuss the causes and treatment of heel pain. *Open to Kaiser Permanente members only.*

Registration: Please contact your physician for a referral to this program.

Pregnancy, Childbirth, and Postpartum: Healthy Beginnings

Anesthesia for Labor and Delivery

An informal and informative discussion about the benefits, risks, and options of anesthesia for labor and delivery of your baby, presented by our Anesthesia Department. Every second and fourth Tuesday of each month, from 5:30 to 6:30 p.m. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: No fee

Registration: Call (925) 295-4580.

Breastfeeding

Your baby's health begins with good nutrition, and studies show that breastfeeding offers many health benefits for you and your infant. In this class, you'll learn why it's important to breastfeed. We'll also show you how to hold your baby for nursing and suggest ways you can prevent common breastfeeding discomforts and challenges. A partner or support person is welcome to attend. *Open to the community. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, and Pleasanton Medical Offices

Fee: No fee members; \$30 nonmembers

Registration: Call 1-866-248-0721.

Health Education Center

resources: DVDs for loan at your local center

Brothers and Sisters: Sibling Preparation

This single-session class helps children 3 to 7 prepare for a baby's arrival. Through age-appropriate activities and a brief hospital tour, your child will learn what to expect when the new baby arrives and find out what's fun about being a big brother or sister. No more than two adults per family. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: \$25 per family

Registration: Call 1-866-248-0721.

Preparing for Childbirth

Few events are more exciting than the birth of your baby. Learn the skills and strategies that can help make your childbirth experience a positive one. In this five-session program, 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. This class is recommended for first-time parents. We encourage you to take this class during the last three months of pregnancy. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Martinez and Pleasanton Medical Offices

Fee: \$100 members; \$140 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/pregnancy

Health Store resources: *Prepared Childbirth: The Family Way* book

Preparing for Childbirth Express

This two- to three-day intensive class will prepare you and your support person for labor and birth. Learn breathing and relaxation techniques; pain management options; the role of the coach; hospital procedures; and what to expect before, during, and after delivery. This class may be taken as a refresher course for experienced parents. *Open to the community.*

Location: Antioch Medical Center; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: \$100 members; \$140 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/pregnancy

Health Store resources: *Prepared Childbirth: The Family Way* book

Early Pregnancy

Give your baby a healthy start. In this class, we'll help you prepare for the physical and emotional changes you can expect in the

coming months. We'll explain about our prenatal care program and give you information about other classes and resources available to you during your pregnancy. We'll also cover the substances and foods that may be harmful, common discomforts and remedies, prenatal screening tests, and fetal development. We'll offer tips for eating well, staying active, and keeping you and your baby healthy. We encourage you to take this class in the first trimester.

Open to Kaiser Permanente members only. Available in Spanish.

Location: Antioch and Walnut Creek Medical Centers; Livermore and Pleasanton Medical Offices

Fee: No fee

Registration: Inquire at your next prenatal appointment or call the Appointment Call Center at:

(925) 813-3400 (Antioch)

(925) 243-4400 (Livermore)

(925) 847-5050 (Pleasanton)

(925) 295-4040 (Walnut Creek)

ONLINE NEWSLETTERS FOR PARENTS

They say it takes a village to raise a child. We're here to help connect you to resources and information you can use to care for yourself and your child every day. Our *Online Newsletters for Parents* bring you trusted and convenient information, tips, and links to resources—all based on your child's due date or age. Choose from one of our four newsletters:

- *Healthy Beginnings* for pregnancy, childbirth, and preparing for your newborn baby
- *Healthy Kids* for raising tots to tweens
- *Healthy Teens* for the 411 on raising teenagers
- *Healthy Babies* for your baby's first year

Subscribe to these free newsletters through your ObGyn's or pediatrician's home page at kp.org/mydoctor.



considering in vitro fertilization?

Let us help you expand your family. We offer advanced in vitro fertilization (IVF) treatment by a compassionate team of qualified medical specialists. Call today to take the next step in creating your little miracle.

**Kaiser Permanente
The Center for Reproductive Health**

39141 Civic Center Drive, Suite 350
Fremont, CA 94538

(510) 248-6900
1-888-886-0079 (toll free)

kpivf.org

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 plans. Otherwise, the 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 providers or contractors of The Permanente Medical Group, Inc., 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 models shown, not actual patients.

Mid-Pregnancy

During the middle stage of pregnancy, you'll experience more changes in your body. In this class, we'll help you understand these changes. You can keep your energy level high by eating well and exercising. We're here to support you and discuss ways you can remedy common discomforts of pregnancy. We encourage you to take this class when you are 18 to 32 weeks pregnant. *Open to Kaiser Permanente members only. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers; Livermore and Pleasanton Medical Offices

Fee: No fee

Registration: Inquire at your next prenatal appointment or call the Appointment Call Center at:

- (925) 813-3400** (Antioch)
- (925) 243-4400** (Livermore)
- (925) 847-5050** (Pleasanton)
- (925) 295-4040** (Walnut Creek)

Late Pregnancy/Postpartum

The time for your baby's arrival is drawing near. We'll help you and your partner get ready for the physical and emotional changes you can experience during the first six weeks after your baby is born. We'll explore strategies for managing this transition as the responsibilities of being new parents unfold. We'll also help you prepare for the changes in your relationship as baby becomes a part of the family. We encourage you to take this class when you are 28 to 38 weeks pregnant. *Open to Kaiser Permanente members only.*

Location: Antioch and Walnut Creek Medical Centers; Pleasanton Medical Offices

Fee: No fee

Registration: Inquire at your next prenatal appointment or call the Appointment Call Center at:

- (925) 813-3400** (Antioch)
- (925) 847-5050** (Pleasanton)
- (925) 295-4040** (Walnut Creek)

BABY ON BOARD

Healthy pregnancies start with healthy parents.

Lactation Counseling and Breastfeeding Supplies

We provide telephone help and office visits for new mothers experiencing breastfeeding problems. We also offer a variety of breast pumps for rent or purchase in addition to other breastfeeding supplies for purchase. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center; Delta Fair and Pleasanton Medical Offices

Fee: No fee

Registration: Call for an appointment and merchandise information:

- (925) 779-5192** (Delta Fair)
- (925) 847-5511** (Pleasanton)
- (925) 295-4368** appointments (Walnut Creek)
- (925) 295-4484** merchandise (Walnut Creek)

Multiples

During your multiple pregnancy (twins, triplets, and more), you'll experience many changes to your body. In this class, we'll help you understand the changes you'll experience throughout your pregnancy and into postpartum. We'll also discuss the resources and support available to you. The class includes a tour of the labor and delivery unit as well as a tour of the neonatal intensive care unit. We encourage you to take this class when you are 18 to 34 weeks pregnant. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: No fee

Registration: Call (925) 295-5442.

Newborn Care

Wouldn't it be nice if babies came with instruction manuals? This class just might be the next best thing. In this session, we'll help you get the knowledge and skills you need to feel confident about caring for your newborn. We'll cover topics such as feeding, bathing, diapering, and when to call your physician. *Open to the community. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, and Pleasanton Medical Offices

Fee: No fee for members; \$30 nonmembers

Registration: Call 1-866-248-0721.

Online resources:
kp.org/watch (Newborn care)
and kp.org/children

Health Store resources: *Your Child's Health* book

Next Baby

No two pregnancies are the same! In this class, we'll help orient you and your family to your current pregnancy. We'll help you understand how to keep your energy level high as you cope with changes in family dynamics. We'll help create support strategies for yourself, your partner, and your kids during this transition. We encourage you to take this class in the first trimester or before 18 weeks of pregnancy. *Open to Kaiser Permanente members only.*

Location: Pleasanton Medical Offices

Fee: No fee

Registration: Inquire at your next prenatal appointment or call the Appointment Call Center at (925) 847-5050.

Prenatal Genetic Counseling

Are you pregnant and considering prenatal diagnosis? In this single-session class, a genetic counselor explains the risks, benefits, and limitations of genetic diagnosis procedures, as well as test results, coping with these results, and follow-up. The class focuses on diagnostic procedures, such as amniocentesis and chorionic villus sampling (CVS). Partners are welcome. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: One-half of your office visit cost share

Registration: Call Genetics at (510) 752-6298.

Look good.
Feel good.
Thrive!

Cosmetic Services offered
by Kaiser Permanente



SKIN CARE SERVICES

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

- Chemical peels
- Microdermabrasion
- Skin care consultation
- Obagi® consultation
- Extractions

LASER AND NONSURGICAL SERVICES

- Botox® and filler treatments
- Laser hair removal
- Laser removal of brown spots (IPL photo rejuvenation)
- Laser treatment of broken vessels
- Skin tag and mole removal

Please visit our Web site at kpcosmeticservices.com for more information and special offers.

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 models shown, not actual patients.

LOCATIONS

370 Lennon Lane
Lassen Building
Walnut Creek, CA 94598
(925) 817-5656

1425 S. Main St., 3rd Floor
Walnut Creek, CA 94596
(925) 295-6816

7601 Stoneridge Drive
South Building, 2nd Floor
Pleasanton, CA 94588
(925) 847-5325

Not all services available
at every location.

Prenatal Yoga

Prepare your body and mind for birth and beyond by learning yoga postures, breathing techniques, meditation, and body awareness. Taught by a certified prenatal yoga instructor, this class is perfect for all stages of pregnancy. No experience necessary. *Open to the community.*

Location: Livermore and Pleasanton Medical Offices

Fee: \$80 members; \$90 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/fitness

Health Store resources: *Prenatal Yoga DVD*

in your pregnancy. *Open to Kaiser Permanente members only. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: Virtual hospital tour at launchsightsolutions.com/kaiserwalnutcreek/

Parents and Children (ages 8 to 12) Hospital Tour

Show your children where their new brother or sister will be born. The tour will give your kids the opportunity to see our labor, delivery, and Mother/Baby units and what to expect when mom is ready to have the baby. We encourage you to take this tour when you are 27 to 34 weeks pregnant. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: Virtual hospital tour at launchsightsolutions.com/kaiserwalnutcreek

Prenatal Tours

Hospital Tour

Thinking about the big event? Now is the perfect time to tour the hospital! This will give you and your partner the opportunity to see our labor, delivery, and Mother/Baby units and learn about what to expect when you go into labor. We encourage you to take this tour at any stage

REDUCED RATES ON COMPLEMENTARY CARE*

Take care of the whole you—for less than you might think. As a Kaiser Permanente member, you're eligible for reduced rates from select providers of complementary and alternative treatments, such as massage therapy, acupuncture, and chiropractic care. You also get free shipping for online purchases of vitamins and herbal supplements, and preferred rates on select fitness club memberships. You don't even need a referral. For more information or to request a list of contracted providers, visit kp.org/choosehealthy or call 1-877-335-2746.

*These products and services are provided by entities other than Kaiser Permanente. Some Kaiser Permanente benefit plans include coverage for certain of these discounted services. Plan benefits must be used before those discounted services are available. Check your *Evidence of Coverage* for details. Kaiser Permanente disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Call Center at 1-800-464-4000.

American Specialty Health Networks, Inc. and Healthyroads, Inc. are subsidiaries of American Specialty Health Incorporated.

THE LEAP OF YOUR LIFE!

If you smoke, consider this: More than 1 million people in the United States successfully quit smoking every year. Even if you have tried quitting before, it's important to keep at it. Many smokers make a few attempts before they stop for good. Most eventually succeed.

When you're ready to stop smoking, we're here to help. Let's find out what works for you. For more information, call your local Health Education Center. See page 3 for phone numbers.



Respiratory System

Understanding Your Asthma: Learn-by-Phone

This two-session series will help you discover effective and easy ways to help manage your asthma, all from the comfort of your home. You will learn how to identify triggers, use your medications correctly, and develop a successful relationship with your provider. *Open to Kaiser Permanente members only.*

Fee: No fee

Registration: Call **1-866-248-0721**.

Online resources: kp.org/asthma or kp.org/mydoctor and select

your Physician's home page to view the *Adult Asthma* video.

Health Education Center resources: Free Asthma Kit available at your local center

An apple a day really might help keep the doctor away!

Understanding Your COPD

Discover effective ways to manage chronic obstructive pulmonary disease (COPD). This class covers breathing techniques, medication, peak flow meters, and spacers. The class will also cover personal activity plans, exercise, nutrition, stress management, and developing an effective relationship with your physician. If you have a spacer and peak flow meter, please bring them to class. *Open to Kaiser Permanente members only.*

Location: Park Shadelands Medical Offices

Fee: No fee

Registration: Call **1-866-248-0721**.

Online resources: kp.org/health (Search "COPD") and kp.org/watch (COPD)



Senior Health

Resources

Health Education Centers:

Visit your local center and discover a variety of services and resources to help you stay informed and healthy such as:

- Blood pressure screenings
- Advance Health Care Directive forms
- *Born to Age* Senior Care Directories
- Help with online access to **kp.org**

Health Classes:

- Fall Prevention see Physical Therapy on page 31
- Macular Degeneration see page 30
- Healthier Living with Ongoing Health Conditions see page 14

Health Store resources:

Fitness DVDs, physical therapy products, *Patient Handbook for Caregivers* booklet

Online resources:

kp.org/healthyaging and **kp.org/healthdecisions**

Additional Kaiser Permanente services:

- **Hospice:** Call **(925) 229-7800**.
- **Clinical social workers** are available to discuss aging issues such as dementia, in-home care, counseling, and provide a variety of community resources. Please contact your personal physician for a referral to this service.
- **Registered dietitians** are available. Please contact your personal physician for a referral to this service.

• Volunteer opportunities:

Call **(925) 295-4433** or **(925) 372-1247**.

Smoking and Tobacco Cessation

Quit Tobacco Workshop

Yes, you can be free from tobacco. Join us for this single-session, no-pressure workshop. Get a better understanding of the nature of addiction and the resources available to help you quit. You will learn to find the tools you need to develop your own quit plan. Participation in this workshop qualifies most members with prescription drug coverage to obtain tobacco cessation medication at their usual cost share. *Open to the community. Available in Spanish.*

Location: Antioch Medical Center; Martinez and Pleasanton Medical Offices

Fee: No fee for members; \$30 nonmembers

Registration: Call **1-866-248-0721**.

Online resources:

kp.org/healthylifestyles and **kp.org/quitsmoking**

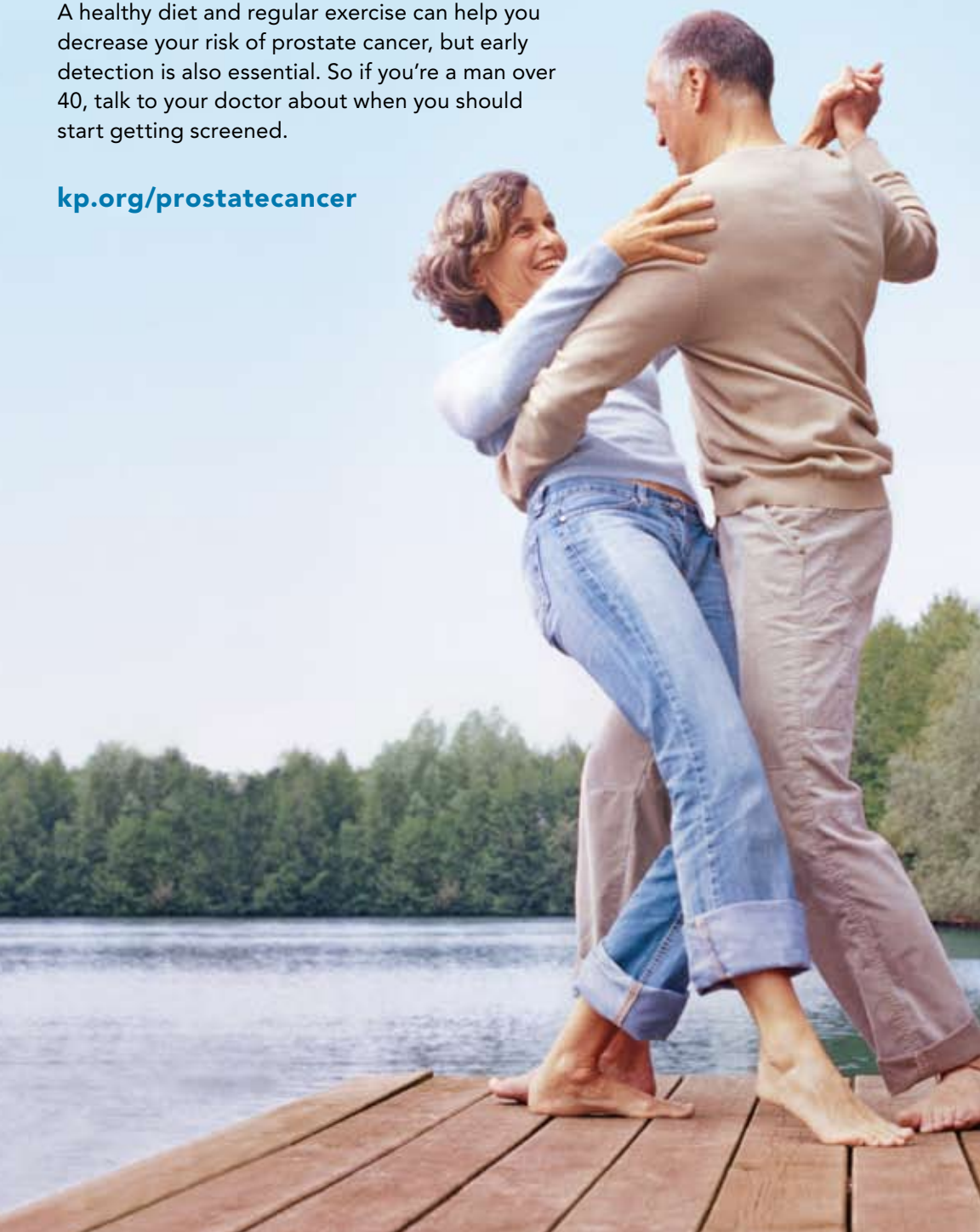
KICK BUTTS

When you're ready to stop smoking, we're here to help.

Take an active stance.

A healthy diet and regular exercise can help you decrease your risk of prostate cancer, but early detection is also essential. So if you're a man over 40, talk to your doctor about when you should start getting screened.

kp.org/prostatecancer



Freedom from Tobacco Series

Declare your freedom and join our tobacco cessation program. Learn about the nature of nicotine addiction, how to develop a personal quit plan, and how to deal with withdrawal. Participation in this program qualifies members with supplemental drug coverage to receive tobacco cessation medications at their usual cost share. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee for members; \$120 nonmembers

Registration: Call 1-866-248-0721.

Online resources:

kp.org/healthylifestyles and kp.org/quitsmoking

Weight Management

Healthy Lifestyle and Weight Management Program

Feel better and enjoy a more positive self-image as you develop a healthier lifestyle. This in-depth series is designed to help you become healthier through permanent lifestyle changes. It provides guidance and support for physical activity, healthy eating, stress management, communication skills, emotional eating, and strategies for maintaining progress. *Open to the community. Available in Spanish.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Park Shadelands, and Pleasanton Medical Offices

Fee: \$120 members; \$150 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/weight and kp.org/mydoctor/webcare

Health Store resources:

Cookbooks, fitness DVDs, a food and exercise journal, *The Calorie King*®

Managing Your Weight

Successful weight loss requires more than just cutting calories. Attend this one-session class to learn practical ideas and tools for making healthy lifestyle choices that can help you lose weight and keep it off. This class will also review all weight management programs available through Kaiser Permanente. *Open to the community.*

Location: Antioch Medical Center; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee for members; \$25 nonmembers

Registration: Call 1-866-248-0721.

Online resources: kp.org/weight and kp.org/mydoctor/webcare

Health Store resources:

Cookbooks, fitness DVDs, a food and exercise journal, *The Calorie King*®

Weight Loss Surgery: Preparing for Success

Find out what it takes to successfully lose weight after surgery. This class will cover the

REACH A HEALTHY WEIGHT

Maintaining a healthy weight is one of the best things you can do for your health. But it's hard work and can take a true commitment to stick with new habits and lifestyle changes.

Sign up for our free *Maintain Weight* online newsletter to receive monthly newsletters that provide information, tips, recipes, encouragement, and more to help you maintain a healthy weight and celebrate your success.

kp.org/maintainweight



risks and benefits of surgery itself and focus on what it takes to maintain weight loss long-term. Determine how ready you are to make radical changes to the way you live. This class is a required first-step for anyone interested in a referral for weight loss surgery. *Open to Kaiser Permanente members only.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources: kp.org/surgery or kp.org/mydoctor and select your Physician's home page to view the *Prepare for your Procedure (EMMI)* video.

Medical Weight Management Program

This fee-based program uses a low-calorie meal replacement diet, medical monitoring, and weekly group sessions to help you make positive, lasting changes that can

improve your overall health. The program focuses on nutrition, physical activity, behavioral change, and how to adapt and maintain a healthy lifestyle. If you have 40 or more pounds to lose, join us for a free information session to find out whether the program is right for you. *Open to the community.*

Sessions: 82 weeks (minimum 30-week program)

Fee: Call for details.

Information: For more information or to attend an orientation session, call **1-866-454-3480** or go to kphealthyweight.com.

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*.



Take the first step.

In addition to regular self-exams, help fight breast cancer two ways—get regular clinical breast exams and mammograms. Both can help detect changes you might miss yourself.

kp.org/breastcancer

Women's Health

Breast Self-Exam

Learn how to correctly perform a breast self-exam. Drop by the Health Education Center weekdays from 8:30 a.m. to 4:30 p.m. to use our self-paced teaching model and video. *Open to the community.*

Location: Antioch and Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Park Shadelands, and Pleasanton Medical Offices

Fee: No fee

Registration: Call 1-866-248-0721.

Online resources:
kp.org/womenshealth

Continence Clinic

This program can help you retrain your bladder for better control. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center; Delta Fair, Martinez, and Pleasanton Medical Offices

Fee: Office visit cost share

Registration: Call the Appointment Call Center at (925) 295-5261.

Online resources:
kp.org/womenshealth

Menopause: Hot Flashes, Sexuality, and Hormones

Each woman experiences menopause differently. We're here to help you understand this important transition in life and learn what changes and symptoms to expect. We'll discuss menopause symptoms and what you can do to help manage hot flashes, sleeplessness, headaches, and more. In addition, we will discuss the sexual changes menopause may bring and ways to keep physical and emotional closeness. This class covers the pros and cons of using hormones and herbal remedies and reviews ways to help protect yourself from osteoporosis, heart disease, and cancer. *Open to Kaiser Permanente members only.*

Location: Walnut Creek Medical Center; Delta Fair, Livermore, and Pleasanton Medical Offices

Fee: Office visit cost share

Registration: Call the Appointment Call Center at:
(925) 779-5090 (Delta Fair)
(925) 243-2700 (Livermore)
(925) 847-5050 (Pleasanton)
(925) 295-4070 (Walnut Creek)

Online resources:
kp.org/womenshealth



GET SAFE. GET HELP.

If you or someone you know needs help dealing with an abusive relationship, contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or talk with your doctor.

For more information, visit kp.org/domesticviolence or ndvh.org.

La buena salud quiere decir pasión.

Comprométase a proteger el corazón y le devolverá esa devoción. Reducir los riesgos que conducen a una enfermedad del corazón puede ayudarle a vivir, y a querer, durante muchos años más.

kp.org/corazon



Programas en español

Primera etapa del embarazo

Mantenga a su bebé saludable desde el comienzo. En este curso le ayudaremos a prepararse para los cambios físicos y emocionales que pueden suceder en los próximos meses. Le explicaremos nuestro programa sobre cuidado prenatal y le brindaremos información sobre otras clases y recursos disponibles durante su embarazo. También hablaremos sobre alimentos y sustancias que pueden ser perjudiciales, los remedios y las molestias comunes, las pruebas de detección prenatales y el desarrollo del feto. Le ofreceremos consejos para comer bien, permanecer activa, y mantener su salud y la de su bebé. Le aconsejamos que asista a este curso en el primer trimestre del embarazo. *Abierta sólo a los miembros de Kaiser Permanente.*

Ubicación: Antioch Medical Center

Costo: gratis

Inscripción: llame al (925) 813-3566.

Recursos en línea:

kp.org/embarazo y kp.org/mydoctor y seleccione la página de su médico para ver: La diabetes durante el embarazo (Videos).

Etapa media del embarazo

Durante la etapa media de embarazo, usted experimentará más cambios

en el cuerpo. En este curso le ayudaremos a comprender estos cambios. Su nivel de energía podrá mantenerse alto si se alimenta bien y realiza ejercicios. Estamos a su disposición para asistirle y analizar la manera de aliviar las molestias comunes del embarazo. Le aconsejamos que asista a este curso entre las semanas 18 y 22 del embarazo. *Abierta sólo a los miembros de Kaiser Permanente.*

Ubicación: Antioch Medical Center

Costo: gratis

Inscripción: llame al (925) 813-3566.

Recursos en línea:

kp.org/embarazo y kp.org/mydoctor y seleccione la página de su médico para ver: La diabetes durante el embarazo (Videos).

Recorrido guiado del hospital

¿No deja de pensar sobre el gran acontecimiento? Ahora es el momento perfecto para realizar un recorrido guiado del hospital. Usted y su pareja podrán ver nuestras unidades de Trabajo de Parto y Parto y Madre/Recién Nacido e informarse sobre el proceso del trabajo de parto. Le animamos a realizar este recorrido en cualquier momento del embarazo. *Abierto sólo a los miembros de Kaiser Permanente.*

Ubicación: Antioch y Walnut Creek Medical Centers

Costo: gratis

Inscripción: llame al (925) 813-3566.

INFORMACIÓN SOBRE LA SALUD EN ESPAÑOL

En el sitio kp.org/espanol encontrará información y consejos sobre la salud, todo en español. Si desea aprovechar nuestros programas HealthMedia® en español para los miembros, visite el sitio kp.org/vidasana.



Cuidado del recién nacido

¿No sería genial si los bebés vinieran con un manual de instrucciones? Este curso puede llegar a ser una buena alternativa. En esta sesión le ayudaremos a conocer la información y las habilidades que necesita para sentirse segura sobre el cuidado de su recién nacido. Trataremos temas sobre cómo alimentar a su bebé, cómo bañarlo y cómo cambiarle los pañales y cuándo llamar al médico. *Abierta a la comunidad.*

Ubicación: Antioch Medical Center

Costo: miembros gratis; no miembros \$30

Inscripción: llame al (925) 813-3566.

Recursos en línea:

kp.org/infancia y kp.org/mydoctor y seleccione la página de su médico para ver: El cuidado de su recién nacido (Videos).

Lactancia

La salud de su bebé comienza con una buena nutrición. Los estudios demuestran que la lactancia materna les aporta muchos beneficios de salud a usted y su hijo. En este curso aprenderá por qué es importante amamantar a su bebé. También le mostraremos cómo sostener a su bebé para alimentarlo y le sugeriremos formas de prevenir las dificultades y las molestias comunes durante la lactancia. *Abierta a la comunidad.*

Ubicación: Antioch Medical Center

Costo: miembros gratis; no miembros, \$30

Inscripción: llame al (925) 813-3566.

Niños saludables, futuros saludables

Ayude a sus niños, entre las edades de 7 a 12 años, a tener un estilo de vida sano. En esta clase de una sesión, usted y sus niños aprenderán qué son los grupos alimenticios de la pirámide, cómo medir las porciones de comida y la importancia de la actividad física en nuestras vidas. Los padres deberán asistir con los niños. *Abierta a la comunidad.*

Ubicación: Antioch Medical Center

Costo: miembros, gratis; no miembros, \$25

Inscripción: llame al (925) 813-3168.

Recursos en línea:

kp.org/nutricion, kp.org/fitness/espanol y kp.org/peso

Cómo comprender el asma de su niño

Cuidar a un niño con asma puede resultar un gran desafío. Sin embargo, es útil saber cómo evitar los factores que activan el asma. Su niño puede llevar una vida activa y saludable si usted sabe cómo controlar los síntomas del asma. Este curso le permitirá aprender a reconocer los las señales de advertencia a través del control de los síntomas y del uso de un medidor de flujo máximo. También trata los tipos de medicamentos para el asma y cómo utilizar un espaciador. Están invitados a asistir los niños, adolescentes, padres o cuidadores de niños con asma. *Abierta sólo a los miembros de Kaiser Permanente.*

Ubicación: Antioch Medical Center

Costo: gratis

Inscripción: llame al (925) 813-3168.

Recursos en línea:

kp.org/asma y kp.org/mydoctor y seleccione la página de su médico para ver: El asma y el cuidado de su niño (Videos).

Un peso saludable, una vida saludable

En esta clase de 6 sesiones aprenderá cómo hacer cambios en la dieta y a hacer ejercicio para alcanzar a un peso saludable.

Abierta a la comunidad.

Ubicación: Antioch Medical Center

Costo: miembros, \$20; no miembros, \$50

Inscripción: llame al (925) 813-3168.

Recursos en línea:

kp.org/peso, kp.org/nutricion, y kp.org/fitness/espanol

El colesterol y su corazón

¿Desea bajar sus niveles de colesterol pero no sabe por dónde comenzar? Esta clase le ayuda a entender cómo la alimentación y el ejercicio para un corazón sano pueden ayudar a reducir sus niveles de colesterol, mejorar su salud en general y reducir su riesgo de ataques cardíacos y derrames cerebrales. *Abierta sólo a los miembros de Kaiser Permanente.*

Ubicación: Antioch Medical Center

Sesiones: una

Costo: gratis

Inscripción: llame al (925) 813-3168.

Recursos en línea:

kp.org/corazon y kp.org/mydoctor y seleccione la página de su médico para ver: Escoge la Salud (Videos).

Libérese del tabaco (SMOKHE)

Declare su libertad y únase a nuestro programa para dejar de fumar. Aprenda sobre la naturaleza de la adicción a la nicotina, cómo desarrollar un plan personal para dejar de fumar, y cómo enfrentarse a la abstinencia. La participación en este programa hará a los miembros elegibles para recibir cobertura adicional de medicamentos, así como para recibir medicamentos para dejar de fumar por un copago. *Abierta a la comunidad.*

Ubicación: Antioch Medical Center

Costo: miembros, gratis; no miembros, \$30

Inscripción: llame al (925) 813-3566.

Recursos en línea: kp.org/fumar

Prediabetes

La prevención de la diabetes comienza con un estilo de vida saludable: alimentarse bien, realizar más ejercicios y adquirir los conocimientos necesarios. Este curso le permitirá tomar el control de su salud y aprender cómo reducir el riesgo de diabetes y sus complicaciones. Estamos a su disposición, junto con el asesoramiento de su médico. *Abierta sólo a los miembros de Kaiser Permanente.*

Ubicación: Antioch Medical Center; Martinez Medical Offices

Costo: gratis

Inscripción: llame al (925) 813-3168.

Recursos en línea:

kp.org/diabetes/espanol y kp.org/mydoctor y seleccione la página de su médico para ver: Escoge la Salud (Videos).

Datos básicos sobre la diabetes

Podrá sentirse mejor y mantenerse activo y saludable cuando aprenda algunos datos básicos sobre el control de la diabetes tipo 2.

En esta clase ofrecemos pautas generales sobre las cuatro áreas clave para el control de la diabetes: alimentarse bien, hacer ejercicio, llevar el control de los niveles de azúcar en la sangre y usar correctamente los medicamentos. Le enseñaremos a usar su medidor de azúcar en la sangre y a reconocer las señales de niveles de azúcar altos y bajos. *Abierta sólo a los miembros de Kaiser Permanente.*

Ubicación: Antioch Medical Center; Martinez y Livermore Medical Offices

Costo: gratis

Inscripción: llame al **(925) 813-3566**.

Recursos en línea: kp.org/diabetes/espanol y kp.org/mydoctor y seleccione la página de su médico para ver: Insulina para la diabetes (Videos).

Cómo vivir bien con diabetes

Esta clase es de 3 sesiones. Una vez que haya aprendido los datos básicos sobre el control propio de la diabetes, estará listo para avanzar al siguiente nivel. En estas sesiones, examinamos a fondo la diabetes y la atención recomendada. Aprenderá nuevas formas de tomar buenas decisiones sobre alimentos y ejercicio, además de cómo normalizar los niveles de azúcar en la sangre y cómo controlar el estrés y las emociones relacionadas con la diabetes. También le enseñaremos a evitar las complicaciones de la diabetes con un buen control del nivel de azúcar en la sangre y el uso correcto de

medicamentos. *Abierta sólo a los miembros de Kaiser Permanente.*

Ubicación: Antioch Medical Center; Livermore Medical Offices

Costo: gratis

Inscripción: llame al **(925) 813-3566**.

Recursos en línea: kp.org/diabetes/espanol y kp.org/mydoctor y seleccione la página de su médico para ver: Insulina para la diabetes (Videos).

Lo básico de la presión sanguínea

La alta presión, o hipertensión, puede afectar a cualquier persona.

Acompáñanos para aprender más sobre la hipertensión, el cuidado personal, y los cambios de estilo de vida positivos que pueden ayudar mantener su corazón saludable. *Abierta solo a los miembros de Kaiser Permanente.*

Ubicación: Antioch Medical Center

Costo: gratis

Inscripción: llame al **(925) 813-3168**.

Recursos en línea: kp.org/corazon y kp.org/mydoctor y seleccione la página de su médico para ver: Escoge la Salud (Videos).


Materiales impresos y en video

Hay más información en español en los "Centros de Educación Para la Salud" (Health Education Centers), sobre muchos temas médicos y de salud en general.

Ubicación: Antioch y Walnut Creek Medical Centers; Delta Fair, Livermore, Martinez, Pleasanton, y Park Shadelands Medical Offices

Información: llame al **(925) 813-3566**.

MONICA
Kaiser Permanente
member



WHEN IT COMES TO YOUR VISION—
image is everything.

If you're looking to make a fashion statement, look no further than our Vision Essentials Optical Centers. After your eye exam, our eye care professionals can help you choose the perfect frames and lenses to match your personality, lifestyle, and budget. And you'll appreciate the selection of contact lenses and our exceptional assortment of designer frames by Coach, Ray-Ban, Armani, and more.

To find an Optical Center near you visit kp2020.org. Once online you can find current promotions, purchase a pair of nonprescription sunglasses from our online Sunwear Center, and even order your contact lens refills with free shipping.

Kaiser Permanente members typically have coverage for medically necessary eye examinations, and some members may be able to apply a supplemental benefit to their purchases. Otherwise, the services and products 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. 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*.

visionessentials
by KAISER PERMANENTE®

Walnut Creek Medical Center
1425 S. Main St.
Walnut Creek, CA 94596



farmers' market

Visit the Farmers' Markets at Antioch Medical Center, Martinez Medical Offices, and Walnut Creek Medical Center.

You'll find:

- Fresh fruits and vegetables
- Fresh flowers
- Whole-grain baked goods
- Representatives from the farms, and more!

Locations

Antioch Medical Center:

Every Thursday from 10 a.m. to 2 p.m., May 15 through December. 4501 Sand Creek Road, in the Labyrinth area between

Deer Valley Medical Office Building and Sand Creek Medical Office Building.

Martinez: Every Thursday from 10 a.m. to 2 p.m., year-round. 200 Muir Road, in the courtyard between the Briones and Cerritos buildings.

Walnut Creek Medical Center:

Every Tuesday from 10 a.m. to 2 p.m., year-round. 1425 S. Main Street outside the cafeteria on the patio.