


# HEALTHY LIVING

HEALTH AND WELLNESS CLASSES AND RESOURCES





A woman with long dark hair, wearing a purple long-sleeved shirt and dark pants, is smiling and looking upwards. She has a large black and white backpack on her back. In her right hand, she holds a blue water bottle. A yellow rope and a yellow carabiner are visible on her left side. The background is a blurred green forest.

[kp.org/healthengagement](http://kp.org/healthengagement)

Find info, tips, and resources you can use to take charge of your health.

The website can be accessed from a desktop computer, smartphone, or tablet.

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A photograph of a man and a young boy sitting in a field at sunset. The man is wearing a grey t-shirt and a watch, and the boy is wearing a blue shirt. They are both smiling and looking towards the camera. The background is a warm, golden field with trees in the distance.

# Health Engagement and Wellness Services

Taking an active role in your health can help you feel better – physically, mentally, and emotionally.

Health Engagement and Wellness Services is part of the Kaiser Permanente family of health care. The department is dedicated to helping you discover your total health. We serve both our members and the communities where we live, work, and play in Northwest Oregon and Southwest Washington.


We are a team of educators, health coaches, and specialists. We can help provide you with engaging information, activities, and support so you can take steps to improve your health.

You can explore topics and tools as you take a journey towards managing your best health with:

- Online and in-person classes
- Health coaching by phone or video
- [kp.org/healthengagement](https://kp.org/healthengagement)

Taking charge of your health can begin right at your fingertips. Turn the page and start now!





Pregnancy, childbirth, and newborn care

# Healthy Beginnings

Find support and gain confidence every step of the way – from pregnancy to the birth experience to parenting. Join others in spirited group sessions to share ideas and navigate the choices facing new families.

## Preparation for Birth

### For Kaiser Permanente members who are expecting a baby

Increase your knowledge, skills, and confidence about the birth process and early postpartum (after the birth) period.

What is a birth plan? How do you manage labor pain? What are your plans for feeding baby? Learning more about the labor and birth process, acquiring skills, and understanding your options will help you to more confidently make decisions in this experience. Register in your 5th month to join a supportive group to prepare yourself and share ideas and resources with other expecting parents.

You have a choice of taking this class in 5 sessions, 2 hours each, or 2 sessions, 5 hours each (plus a 1-hour lunch break).

No fee for Kaiser Permanente members

A support person is welcome to attend with you.

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

**Note:** Please register for only the first session of a class. When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Preparation for Birth – Online

### For Kaiser Permanente members who are expecting a baby

Increase your knowledge, skills, and confidence about the birth process and early postpartum (after the birth) period.

Learning more about the birth process, new parenting issues, and your options allows you to more confidently make decisions about your experience. You'll receive a password you can use anytime to access the online program. It includes audio, videos, information you can download and print, and links to other sites.

No fee for Kaiser Permanente members

To register, please call **503-286-6816** or **1-866-301-3866** and select option 1.





## Healthy Pregnancy

**For pregnant Kaiser Permanente members who want support in managing their weight gain and enhancing their and baby's health during pregnancy**

Learn about meal planning, physical activity, and ways to avoid gaining too much weight during your pregnancy.

You'll talk with a registered dietitian by phone once per week for 2 weeks. Then you'll talk with a health coach every other week or so after that. Together, you'll work on ways to optimize your health during pregnancy and manage your rate of weight gain. You'll receive guidance for healthy meal planning, ways to maintain activity throughout pregnancy, and tools to help you achieve your healthy lifestyle goals.

Weekly/bimonthly sessions during pregnancy, 10-25 minutes each

No fee for Kaiser Permanente members

Many online materials and resources can be found at [kp.org/healthengagement/pregnancy](https://kp.org/healthengagement/pregnancy).

For more information or to register, please call **503-286-6816** or **1-866-301-3866** and select option 2.

## CenteringPregnancy Group Virtual Prenatal Care

**For Kaiser Permanente members who are expecting a baby**

Become a part of a virtual community that empowers you to be actively involved in your own care and equips you to make healthy choices throughout pregnancy and beyond.

CenteringPregnancy is prenatal care plus with one-on-one time with your clinician followed by group discussion and community building. You will have in-person visits with your clinician for half of the visits and virtual check-ins the other half. Visits will be followed by virtual group time for guided discussions about pregnancy issues. These include comfort measures of pregnancy, healthy habits, stress reduction, infant feeding, labor and birth, and parenting.

9 sessions, 1 hour each

**Fee:** Varies, depending on your prenatal coverage. Contact Member Services for information, **1-800-813-2000**.

For more information or to register, please call **1-855-285-4246**.



### Are you on bed rest?

If a complicated pregnancy prevents you from attending a traditional class, you still have access to essential "Preparation for Birth" information. You can register for "Preparation for Birth – Online." Call **503-286-6816** or **1-866-301-3866**, option 1.



## Hospital Birth Tour

### **For Kaiser Permanente members who plan to give birth at a Kaiser Permanente hospital**

Learn what to expect from admission to discharge and become more familiar with the space.

A hospital birth tour provides information about your birth experience. You will have the chance to see your hospital's labor, birthing, and family rooms. Register early (in your 5th month) and attend this session during your 7th or 8th month of pregnancy.

1 session, 1 hour

No fee for Kaiser Permanente members

You may bring one support person with you who is 12 or older.

#### **Locations:**

- Kaiser Permanente Sunnyside Medical Center
- Kaiser Permanente Westside Medical Center

To register, sign on at **[kp.org/appointments](https://kp.org/appointments)**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



## Legacy Salmon Creek Medical Center Birth Tour

### For Kaiser Permanente members who plan to give birth at Legacy Salmon Creek

Families can join a tour of the Family Birth Center anytime during the pregnancy. Registration is required.

No fee for Kaiser Permanente members

Register online at [legacyhealthevents.org](https://legacyhealthevents.org) or get information by emailing [HavingABaby@lhs.org](mailto:HavingABaby@lhs.org).

## Salem Hospital Birth Tour

### For Kaiser Permanente members who plan to give birth at Salem Hospital

Families can join a tour of the Family Birth Center anytime during the pregnancy. Registration is required.

No fee for Kaiser Permanente members

Register online at [salemhealth.org/chec](https://salemhealth.org/chec) or by calling **503-814-2432**.

## Tool Kit for New Parents

### For Kaiser Permanente members who are expecting a baby

Learn skills and increase your confidence to effectively care for your baby.

Being a parent is fun but it's not easy! Discover what life is like from the newborn's perspective, and how they communicate. You'll learn baby care skills such as holding, diapering, bathing, swaddling, massage, and methods of soothing. You can also explore what to expect as you become a family, plus strategies for making this transition smoother. Join a supportive group setting with other parents-to-be.

1 session, 3 hours

No fee for Kaiser Permanente members

A support person is welcome to attend with you.

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



### Food fights?

Concerned about your family's health and eating habits? Learn more in a recorded webinar (no additional cost). See page 13 for details.



## Breastfeeding Group Visit

### For Kaiser Permanente members who are breastfeeding

Get ongoing education and support for breastfeeding.

Do you have questions about breastfeeding your baby? Get help at our group visits held twice a month. Meet other parents and discuss topics related to breastfeeding and the care of your newborn. The group is led by a lactation consultant.

Ongoing sessions, 1 hour each

No fee for Kaiser Permanente members

For more information and to schedule a group visit, please call **1-855-206-0302**.

## My Body After Baby – Virtual Visit

### For Kaiser Permanente members after giving birth

Learn strategies to help you return to your normal physical activity after delivery.

Get information to help you thrive after delivery. Class topics include returning to normal bowel and bladder function, managing your postpartum pelvic pain, caring for your abdominal and pelvic floor muscles, and strategies to return to exercise.

1 session, 1.5 hours

No fee

To register, please call **1-844-394-3972**.

### Want to know more?

- Visit [kp.org/healthengagement/pregnancy](https://kp.org/healthengagement/pregnancy).
- Kaiser Permanente members receive a packet that includes the Healthy Beginnings prenatal newsletter during their first obstetric visit. This newsletter contains information about the importance of prenatal care during early pregnancy.
- Visit [kp.org/healthengagement/kidsandfamily](https://kp.org/healthengagement/kidsandfamily).
- Listen to or download free audio programs at [kp.org/audio](https://kp.org/audio).
- For vasectomy information or to make an appointment, please call **503-571-1245**. You also can schedule by signing on at [kp.org/appointments](https://kp.org/appointments). Select Urology Services then follow the prompts to make an appointment.

## 1-Month Pediatric Group Visit

### For Kaiser Permanente members who are first-time parents and their newborns

Get information about caring for your new baby.

If you're a first-time parent, new questions come up every day about caring for your baby. Join other new parents for a group visit led by a Kaiser Permanente Pediatric team – including a pediatric clinician and a lactation nurse.

1 session, 1 hour

No fee for Kaiser Permanente members

For more information or to register, please call **1-855-206-0302**.



Weight management

# Eat healthy. Feel more healthy.

Do you want to lose weight? Are you trying to manage heart disease, high blood pressure, or diabetes? Choose a weight management option that fits your learning style – and discover how to create lasting behavior changes.



### Healthy Weight

#### **For adult Kaiser Permanente members who are struggling to lose or maintain their weight**

Explore solutions for success in weight management and increase confidence in your ability to manage your weight and health, long term.

Become a healthier version of yourself by focusing on the root causes of your weight management struggles. Registered dietitians help you explore effective and practical ways to achieve long-term weight management and overall health.

12 sessions, 75 minutes

No fee for Kaiser Permanente members

Only registered members can attend; please do not bring children or support people to class.

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

**Note:** Please register for only the first session of a class. When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

### Healthy Futures – Prerecorded Webinar

#### **For parents and caregivers of children 2-12**

Learn proven strategies for coping with difficult eaters.

Take conflict off the menu with Ellyn Satter's Division of Responsibility. In this 10-minute presentation, you can get tips for making mealtime more pleasant and rewarding for the whole family.

Watch the recording on **kp.org/healthengagement/kidsandfamily**.

No fee for Kaiser Permanente members

After viewing the presentation, you can talk with a health coach to get ongoing support. To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Select "Health coach" then follow the prompts to set up your appointment for a phone or video call.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 2.



## Plant-based Eating Program – Webinar

**For Kaiser Permanente members interested in following a whole food, plant-based diet or in finding ways to add more whole plant-based foods to their lives**

Discover ways to incorporate more plant-based foods and decrease processed foods from your eating plan.

From the comfort of your home or office, get an introduction to whole food, plant-based eating. You'll learn about the benefits, resources, and ways to incorporate more of these foods into your life.

3 sessions, 1.5 hours each

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

**Note:** *Please register for only the first session of a class.* When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



### Wellness Coaching by Phone Program

#### What is health coaching?

Health coaches are guides. You decide the destination, and the coach supports you along the way.

Improving your health behaviors can be a difficult journey. A coach provides support as you strengthen your health routines.

Coaching is also helpful for families! There's no reason to go it alone.

Having a coach can help if:

- You know what you want to do to improve your health, but you haven't done it.
- You're working on your health and struggling to stay on track.
- You used to do more for your health and want to again.
- You're feeling stuck!

No fee for Kaiser Permanente members


You can have a phone or video call, at a time convenient to your schedule. To register, call **503-286-6816** or **1-866-301-3866**, option 2.

You also can register by signing on at **kp.org/appointments**. Click "Schedule appointments," then select Health and Wellness Education as the reason for the appointment. Select "Health Coach" then follow the prompts to set up your appointment.

#### Want to know more?

- Visit **kp.org/healthengagement/weight**.
- Visit **kp.org/healthengagement/exercise**.
- Visit **kp.org/healthengagement/nutrition**.
- Go to **kp.org/video** to see the "The Benefits of Exercise."
- Check out the online management programs at **kp.org/healthylifestyles**. They are for Kaiser Permanente members at no additional cost.





Preventing diabetes

# Be proactive

Having prediabetes means you are at risk for getting type 2 diabetes. Lifestyle changes can reduce your risk by almost half.



## Understanding Prediabetes – Webinar

### For adult Kaiser Permanente members with prediabetes

Learn about lifestyle changes that can help prevent diabetes.

This group webinar is led by a registered dietitian. It's your opportunity to learn more about what exactly prediabetes is. You'll discuss some lifestyle changes that can help prevent diabetes. Make a difference to your health and find out about resources that can benefit you.

1 session, 1 hour

No fee for Kaiser Permanente members

Materials and resources will be shared with you after you attend the webinar.

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class and date you want.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

### Want to know more?

Go to **kp.org/healthengagement/prediabetes**.

## Preventing Diabetes Program

### For Kaiser Permanente members with prediabetes (HbA1c 5.7-6.4%) and a BMI (body mass index) of 25 or more

Learn about healthy eating, increasing activity, meal planning, and finding healthy ways to deal with stress.

This program can help you lose weight, improve your HbA1c, and stay active. It is based on the Centers for Disease Control Diabetes Prevention Program. Our program is taught by a registered dietitian in a supportive group setting. Get help to successfully reduce your risk of developing diabetes.

Weekly group sessions for 6 months, 75 minutes each, then monthly sessions with a health coach for 6 months

No fee for Kaiser Permanente members

**Note:** Offerings are limited.

To register, please call **503-286-6816** or **1-866-301-3866** and select option 2.

## Community Diabetes Prevention Programs

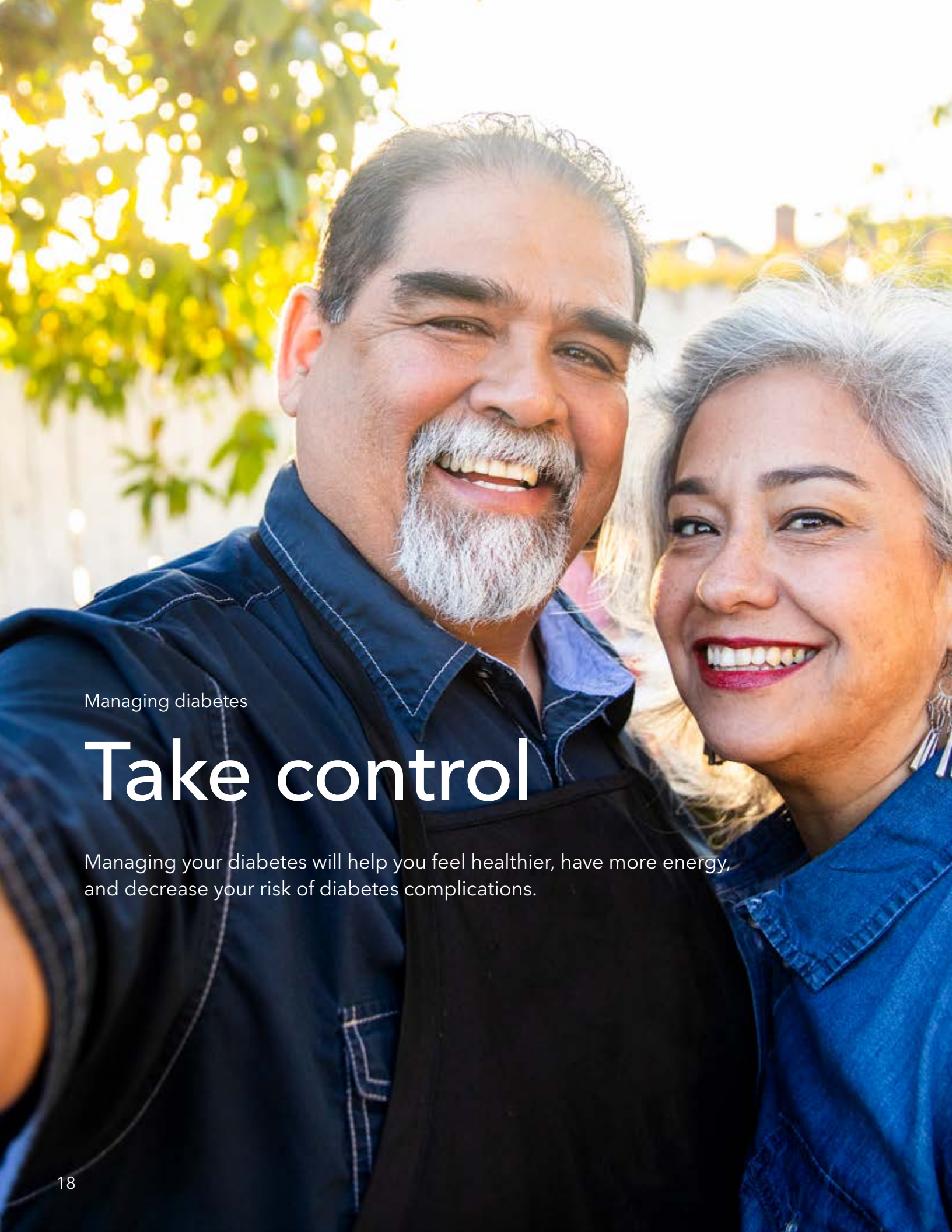
### For people at high risk of developing type 2 diabetes

Reduce your risk by following a healthy lifestyle.

In these programs, a trained lifestyle coach will guide discussions about healthier eating, starting physical activity, overcoming stress, staying motivated, and more.

For more information about community programs, please go to:

- **ymca.net/diabetes-prevention/**
- **cdc.gov/diabetes/prevention**

A close-up photograph of a middle-aged couple smiling warmly at the camera. The man, on the left, has a grey goatee and is wearing a dark blue button-down shirt. The woman, on the right, has grey hair and is wearing a blue denim shirt. They are outdoors, with a white fence and green foliage in the background, and the scene is bathed in the warm, golden light of late afternoon or early morning.

Managing diabetes

# Take control

Managing your diabetes will help you feel healthier, have more energy, and decrease your risk of diabetes complications.



## Diabetes Basics – by phone or video visit

**For Kaiser Permanente members who are newly diagnosed with diabetes or who have had it a while but want to manage their condition more effectively**

Learn how diabetes affects your body and what you can do to manage it.

Work individually with a certified diabetes educator to explore healthy eating, blood glucose monitoring, physical activity, and avoiding complications.

1 session, 2 hours

No fee for Kaiser Permanente members

To register, please call **503-286-6816** or **1-866-301-3866**, option 1.

## Diabetes Basics – Webinar

**For Kaiser Permanente members who are newly diagnosed with diabetes or who have had it a while but want to manage their condition more effectively**

Learn how diabetes affects your body and what you can do to manage it.

From the comfort of your home or office, learn about healthy eating, blood glucose monitoring, physical activity, and avoiding complications. The group sessions are led by a certified diabetes educator.

3 sessions, 1.5 hours each

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class and date you want.

**Note:** Please register for only the first session of a class. When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Insulin Information – by phone or video visit

**For Kaiser Permanente members who need to start insulin or have been taking insulin for a while and need a refresher**

Work individually with a certified diabetes educator to learn about insulin, injection techniques, and how to time insulin with meals and activity. Proper disposal of insulin syringes also will be covered.

1 session, 2 hours

No fee for Kaiser Permanente members

To register, please call **503-286-6816** or **1-866-301-3866**, option 1.

## Pediatric Diabetes Program

**For pediatric Kaiser Permanente members who have been diagnosed with diabetes, and their families**

Get information and support. The program offers several classes:

- Insulin pump class – families can learn the information they need before entering the world of technology and diabetes management.
- Advanced diabetes class – build on your type 1 diabetes knowledge and discuss the myths and realities of raising a child with diabetes.
- Transition class – preparing high school seniors with type 1 diabetes for the next step in their lives.
- Pediatric diabetes support groups.

No fee for Kaiser Permanente members

Classes are offered at different times through the year. For more information, please call **503-331-6260**.



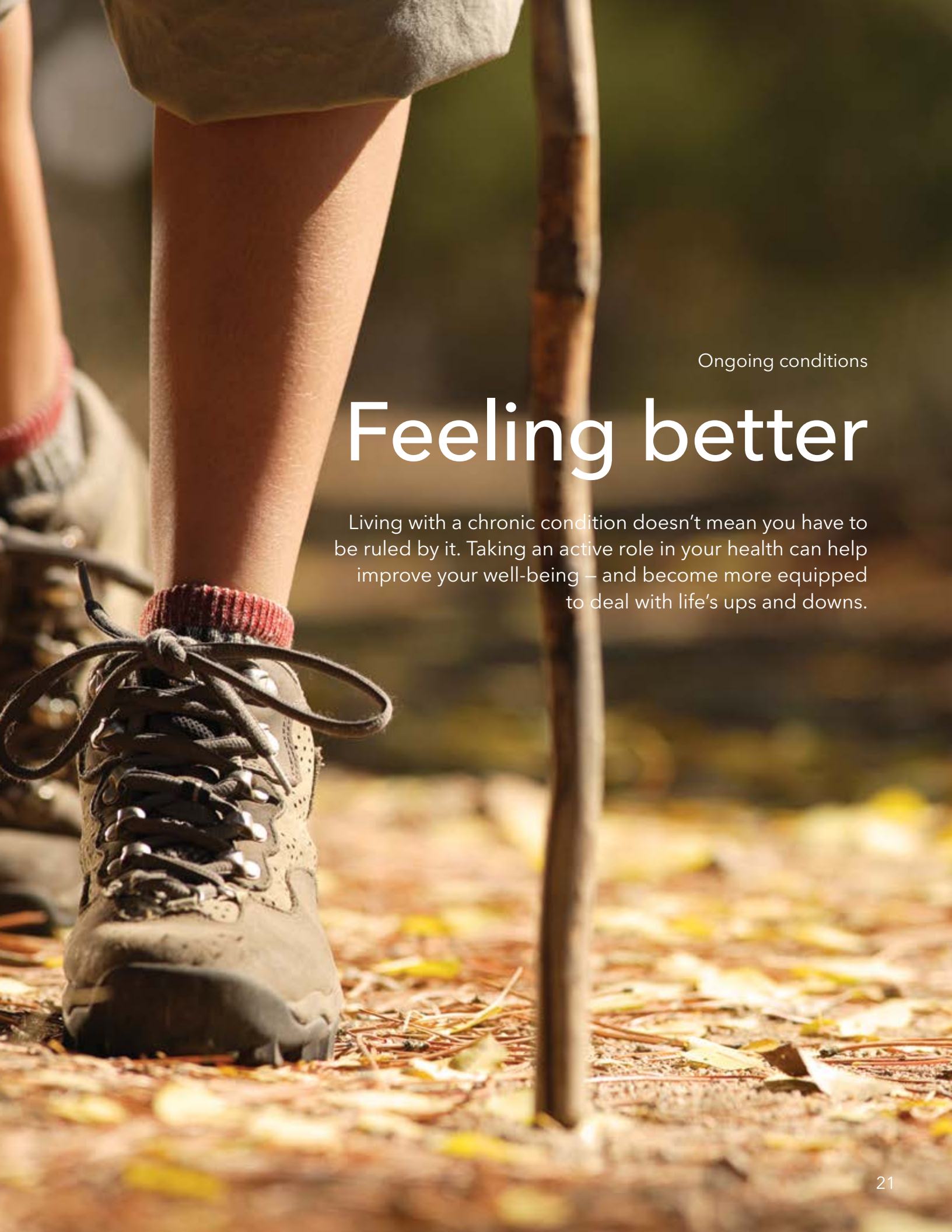
### Household medical waste

Most states have laws that require all sharps (syringes and lancets) be placed in a medical waste container for disposal. Kaiser Permanente pharmacies carry sharps containers you can buy to use at home.

### Want to know more?

Go to **[kp.org/healthengagement/diabetes](https://kp.org/healthengagement/diabetes)**.



A close-up, low-angle shot of a person's legs from the knees down, wearing khaki shorts, red socks, and brown hiking boots. They are standing on a dirt path covered with dry leaves and pine needles. A wooden walking stick is planted in the ground next to the right foot. The background is a soft-focus forest scene with sunlight filtering through the trees.

Ongoing conditions

# Feeling better

Living with a chronic condition doesn't mean you have to be ruled by it. Taking an active role in your health can help improve your well-being – and become more equipped to deal with life's ups and downs.

## Adult Cancer Support Group

**For people 21 and older who have been diagnosed with cancer**

Support group provides an opportunity for patients to support each other through the cancer experience.

The Cancer Support Groups are facilitated by cancer counselors (licensed clinicians). Adults with all types of cancers and stages of treatment are welcome to attend. A support person is also welcome to attend, with or without the patient.

Ongoing weekly and bi-weekly groups, 1.5 hours each

No fee

### **Locations:**

- Cascade Park Medical Office
- Interstate Medical Office Central
- Longview-Kelso Medical Office
- Skyline Medical Office

For more information, please call **503-331-6550**.

## Cancer Rehab Class

**For Kaiser Permanente members with a current or prior history of cancer**

Gain an understanding of and learn to manage the side effects or symptoms related to your cancer treatment.

Learn how exercise can impact your overall well-being, both during and after cancer treatment. You'll also learn about scar tissue management, American Cancer Society nutritional guidelines, and how to manage fatigue and conserve energy. The session includes education about the signs of lymphedema development, as well as risk reduction and treatment guidelines for this condition.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

## Living Well with Chronic Conditions

**For adults who have an ongoing condition, including diabetes, arthritis, asthma, and heart disease**

Get tools for living a healthy life while managing an ongoing condition.

The Chronic Disease Self-Management Program is a 6-week workshop. You'll get information and support for continuing your normal daily activities and dealing with the emotions that chronic conditions may bring. All workshops are offered in English and Spanish.

6 sessions, 2.5 hours each

Fees vary

Offered by a community partner. For information:

- In Oregon, go to **[healthoregon.org/livingwell](https://healthoregon.org/livingwell)**.
- In Washington, go to **[livingwell.doh.wa.gov](https://livingwell.doh.wa.gov)**.





## Pain Coping and Skills Services

### For Kaiser Permanente members 18 and older who have chronic pain

Explore and practice effective ways to help reduce pain and improve function.

The Pain Management Group Appointment series is led by a team of nurses, social workers, pharmacists, and physical therapy assistants. Learn ways to do more activities that are important to you, improve sleep, communicate about your pain, and enhance coping. At the end of the series, you will meet privately with a team member to discuss your personal pain management plan.

7 sessions – sessions 1–6 are 2-hour group appointments and session 7 is a 40-minute individual appointment

Fee: half of your specialty copay per session

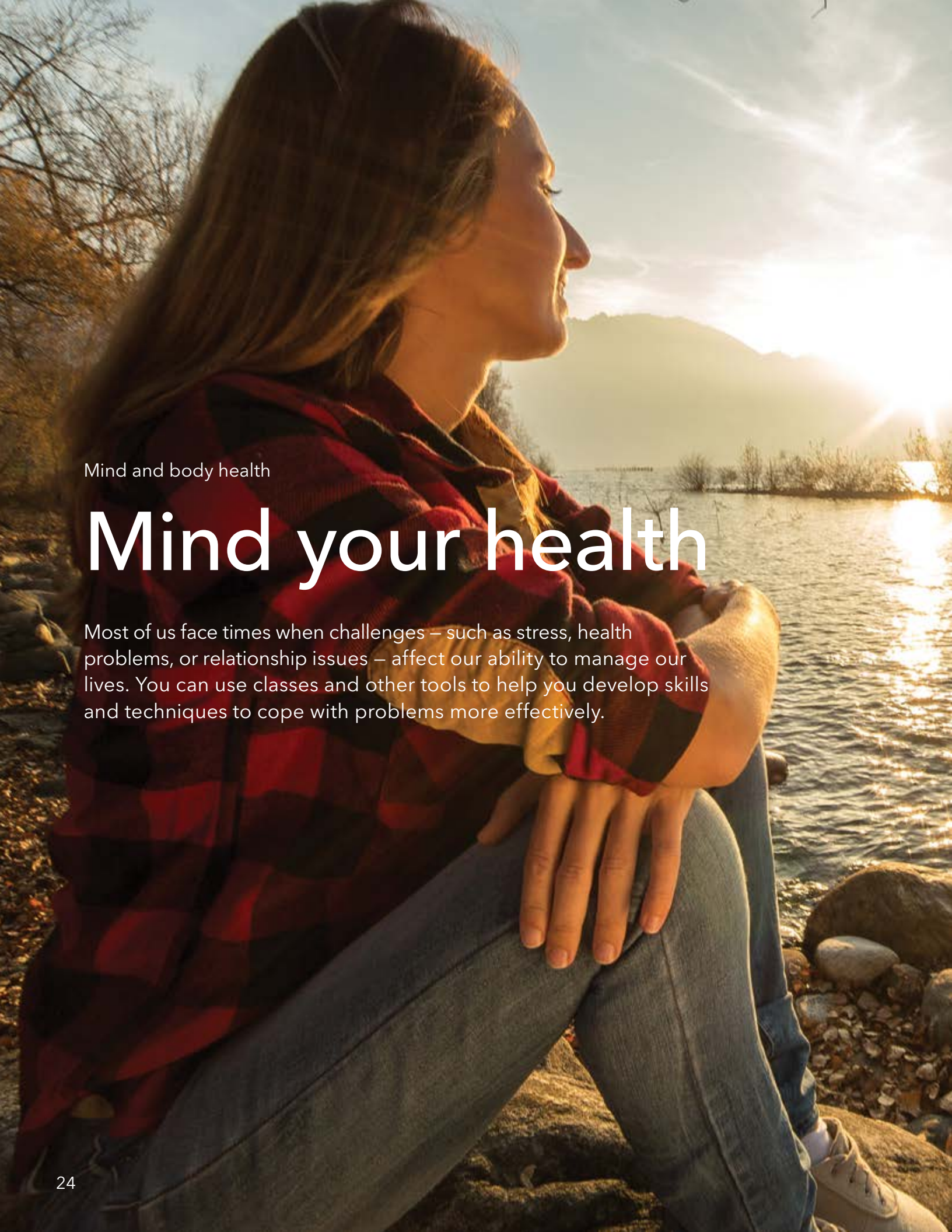
An adult support person may attend with you at no charge.

A referral is required to attend Pain Coping and Skills Services. For more information, please call **503-331-6131**.

### Want to know more?

- Visit [kp.org/healthengagement](https://kp.org/healthengagement) for information on pain, ADHD, and more.
- Check out the online management programs at [kp.org/healthylifestyles](https://kp.org/healthylifestyles). They are for Kaiser Permanente members at no additional cost.
- Watch videos on diabetes, high blood pressure, and COPD at [kp.org/video](https://kp.org/video).
- Go to [kp.org/listen](https://kp.org/listen) for free audio programs on headaches, fibromyalgia, and more.
- See page 17 for diabetes prevention information.
- Visit [kp.org/cancercare](https://kp.org/cancercare).
- Use the apps at [kp.org/selfcareapps](https://kp.org/selfcareapps)\*. They are digital personalized programs. myStrength includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. Calm is for meditation and sleep – designed to help lower stress, reduce anxiety, and more.

\*Only available to Kaiser Permanente members with medical coverage.

A woman with long brown hair, wearing a red and black plaid shirt and blue jeans, is sitting on a rocky shore. She is looking out over a body of water towards a mountain range under a sunset sky. The sun is low on the horizon, creating a warm, golden glow and reflecting on the water. The woman's hands are resting on her knees, and she has a peaceful expression.

Mind and body health

# Mind your health

Most of us face times when challenges – such as stress, health problems, or relationship issues – affect our ability to manage our lives. You can use classes and other tools to help you develop skills and techniques to cope with problems more effectively.





### Alzheimer's/Dementia Caregiver Support Group

**For anyone caring for a loved one with dementia**

Receive support and learn how other caregivers in situations like yours are managing.

This is a drop-in support group for people who are caring for a loved one with dementia at any stage. The small group is led by a facilitator.

This program is co-sponsored by the Alzheimer's Association. You can learn about Alzheimer's and dementia and their impact on the brain and general population. Community resources and the latest Alzheimer's research are reviewed.

Ongoing sessions

No fee

For more information or to register, please call **1-800-272-3900**. You also can find online options at [alz.org/orswwa/helping\\_you/support\\_groups](https://alz.org/orswwa/helping_you/support_groups).

### Understanding Alzheimer's and Dementia

**For anyone who has concerns about memory – either for themselves or loved ones**

Get a better understanding of what is normal aging and what is dementia.

This program is co-sponsored by the Alzheimer's Association. You can learn about Alzheimer's and dementia and their impact on the brain and general population. Community resources and the latest Alzheimer's research are reviewed.

1 session

No fee

For more information or to register, please call **1-800-272-3900**. You also can find online options at [alz.org/orswwa/helping\\_you/support\\_groups](https://alz.org/orswwa/helping_you/support_groups).





## Autism Spectrum Disorder: Caregiver Orientation

**For Kaiser Permanente members who are parents and caregivers of children recently diagnosed with Autism Spectrum Disorder**

Learn about your child's diagnosis and how to support their development.

This class can help you understand your child's autism diagnosis, as well as how to access supports and services through Kaiser Permanente, the school system, and the community. It is led by a licensed marriage and family therapist and a board-certified behavior analyst.

Virtual classes are held monthly. When in-person classes resume, they will be held at various Kaiser Permanente locations throughout the year.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register or for more information, please call **971-255-9152**.

## Complementary and Integrative Medicine

**For Kaiser Permanente members with or without chronic health conditions, who are interested in prevention and want to add a holistic dimension to their care**

Discover how integrative medicine (also referred to as "natural medicine") treats the whole you.

Learn about holistic health care and how to take control of your health and create more balance in your life. After attending this session, you will be invited to an individual follow-up appointment for specific recommendations.

1 session, 2 hours

Fee: Office visit copay

### **Location:**

Interstate Medical Office East

A referral from your doctor is required for this class.

To arrange registration, please call **503-335-2671** or **1-888-813-2100**, ext. 162671.

## Cognitive Behavioral Therapy for Insomnia (CBT-I)

### For Kaiser Permanente members struggling with insomnia

Learn about the factors that regulate sleep, with an emphasis on developing healthy sleep behaviors and thoughts to improve insomnia.

You'll meet with a Sleep Medicine Department clinician for evaluation. Therapy focuses on making the most of things you can do to promote sleeping well regularly. This includes sleep hygiene, stimulus control, making sure you spend appropriate lengths of time in bed, and identifying thoughts that contribute to insomnia. You'll be screened and offered treatment for other sleep disorders if needed, as the treatment can improve insomnia or CBT-I success.

One 45-minute screening appointment, available as a video visit, followed by referral for online resources or one-on-one or virtual follow-up. One-on-one therapy is offered in 30-minute appointments.

An adult support person is welcome to attend with you.

### Sleep Medicine services are offered at:

- Cascade Park Medical Office
- Kaiser Permanente Sunnyside Medical Center
- Kaiser Permanente Westside Medical Center
- Longview-Kelso Medical Office
- North Lancaster Medical Office
- Tualatin Medical Office

A referral from your doctor or another Kaiser Permanente clinician is required for Sleep Medicine services.

## Drop-In Grief Support Groups

### For people who have lost a loved one

A support group offers a chance to understand and express the difficult feelings that are part of grief in a safe and confidential environment. Regular participation can increase your base of support, decrease feelings of isolation, and help you develop coping skills.

We are here to share. Talking with others helps to ease the pain, but you are not required to talk unless you want to. These groups are facilitated by a Kaiser Permanente bereavement counselor from the Hospice and Palliative Care Bereavement Program.

Ongoing support groups, 1.5 hours each meeting

No fee

For more information, please call the Kaiser Permanente Hospice and Palliative Care Bereavement Program at **503-499-5307**.

**Note:** In-person grief support groups may be temporarily suspended due to COVID-19. Virtual options are available.

## Living After Loss

### **For people who have lost a loved one**

Learn to understand and express the difficult feelings that are often a part of grief.

This bereavement-support class follows a prepared course of topics. You will learn about the grieving process and develop strategies for coping. Participation may increase your base of support and decrease feelings of isolation. The series is led by Kaiser Permanente bereavement counselors from the Hospice Bereavement Program.

8 sessions, 1.5 hours each

No fee

For more information or to register, please call the Kaiser Permanente Hospice and Palliative Care Bereavement Program at **503-499-5307**.

**Note:** Class availability may be affected by COVID-19.

## Mental Health and Addiction Medicine Services

### **For Kaiser Permanente members who need support**

Find the right support at the right time.

Emotional issues and life changes affect everyone. The Mental Health and Addiction Medicine departments offer classes, individual therapy, and group services. There are also behavior health consultants, who are licensed therapists working alongside your primary care clinician. All services are designed to help you start feeling better quickly, with more confidence, and ready to manage whatever life sends your way.

For more information, talk with your doctor or call us at **1-855-632-8280**.

## Hospice Volunteer Training Class

### **For Kaiser Permanente and community members**

Hospice volunteers play an important role on our hospice team. Volunteers are community members devoting their service to improving the quality of life for our patients and families near the end of life. You may provide a break for a family caregiver or offer to do light housekeeping, prepare a meal, or help with a project. For patients living in supportive housing, volunteers focus on companionship, such as reading, holding a hand, or simply being a compassionate presence. Volunteers pass a criminal background check and drug screen test before attending a hospice volunteer training. To start the process, go to **kpnwvolunteer.org** or call **503-499-5168**.

2 sessions, 7.5 hours each

No fee

For more information on dates and times, please call **503-499-5168**.



## **NEW!** **Stress Less and Thrive –** **online group coaching**

### **For Kaiser Permanente members 18 and older**

Move from coping with stress to developing greater resilience and the ability to thrive in the face of life's many challenges.

In this program, you will develop a stress management plan that is realistic and doable, that fits your lifestyle and supports your core values. Group coaching draws on inner knowledge and brings with it the wisdom of the group to increase success for all.

4 sessions, 1 hour each

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class and date you want.

**Note:** Please register for only the first session of a class. When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

### **Want to know more?**

- Visit **kp.org/healthengagement/stress**.
- Find free guided imagery programs you can listen to or download at **kp.org/audio**.
- Visit **kp.org/healthengagement/depression**.
- Visit **kp.org/healthengagement/anxiety**.
- Check out free online management programs for Kaiser Permanente members at **kp.org/healthylifestyles**.
- Use the apps at **kp.org/selfcareapps\***. They are digital personalized programs. myStrength includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. Calm is for meditation and sleep – designed to help lower stress, reduce anxiety, and more.

\*Only available to Kaiser Permanente members with medical coverage.

# Building resilience

## What is resilience?

Resilience is an "inner strength" that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes, including illness.

Developing resilience begins with simple actions or thoughts that you practice, such as planning for what you'll do next and learning to accept change.

Being resilient doesn't mean that you find it easy to deal with difficult or stressful situations or that you won't feel angry, sad, or worried during tough times. But it does mean that you won't feel so overwhelmed. You'll be less likely to give up and more likely to cope with stressful situations in healthy ways.



## Why is resilience important?

Part of resilience is how you think. Your mind can have a positive or negative effect on your body. This is called the mind-body connection.

For example, negative emotions, such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems. But having a positive outlook on life might help you better handle pain or stress than someone who is less hopeful.

## How can you build resilience?

People who are resilient often work to have a positive outlook on life. It may take gradual, small changes in your outlook on life and careful self-evaluation. You may be able to begin this shift on your own. A counselor or therapist can also help you.

### Here are some tips to get started:

#### Change how you think

##### *Accept that things change.*

- Look at change as a challenge rather than a threat.
- Examine how and why you feel the way you do when things change.
- Expect things to work out. You can't change what happens, but you can change how you feel about it.

##### *See the big picture.*

- Find the positive in stressful situations and learn from the situation.
- Look for things to learn. Difficult or emotional situations can teach you about yourself. Look to the future and ask yourself how the stressful event might help you.
- See the funny side of bad situations.



## Change how you act

### *Seek out interactions with people who make you feel better.*

- Build relationships that are solid and loving with your family and others. Help them, and don't be afraid to let them help you.
- Develop a support network.

### *Believe in yourself and the things you can do.*

- Solve problems. Look at all aspects of a problem, and brainstorm solutions. Ask friends for suggestions.
- Do things to gain self-confidence and build self-esteem. For example, list the things you've achieved in your life or those that make you proud.

### *Take good care of yourself.*

- Do things that you enjoy. See a movie. Have a good meal. Laugh with your friends. Know what's important to you.
- Relax your mind and body through techniques such as deep breathing and guided imagery.
- Talk about how you are feeling and manage your emotions.
- Be thankful for the good you see around yourself.
- 

## Resources

- Talk with a health coach for support and tips. Call **503-286-6816** or **1-866-301-3866**, option 2.
- Use the Calm and myStrength apps. Find them at **kp.org/selfcareapps**.\*
- Get tips on mindfulness, positive thinking, and more at **kp.org/healthengagement/stress**.

\*Only available to Kaiser Permanente members with medical coverage.



A woman with dark hair tied back, wearing a grey and white striped long-sleeved shirt and blue jeans, is sitting on a light-colored couch. She is holding a bright yellow mug in her left hand and a black smartphone in her right hand, looking down at the screen. The background is softly blurred, showing a window with warm light coming through.

Freedom from tobacco

# Kick the habit

Thinking about quitting tobacco use? Success in quitting depends on addressing your physical and emotional addiction. A class, phone counseling, or an online program can help. Coverage for medication therapy may be available, depending on your benefit plan.

## Freedom from Tobacco – 6 sessions

### For Kaiser Permanente members who are interested in quitting tobacco

Develop a personal plan for ending your dependence on tobacco products.

Learn strategies to overcome cravings, resist temptations, and better handle stress – without relying on tobacco.

6 sessions, 1.5 hours each

No fee for Kaiser Permanente members

Note: This class includes a planned quit date during the 2nd week.

To register, sign on at **kp.org/appointments**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

**Note:** Please register for only the first session of a class. When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Freedom from Tobacco – 1 session

### For Kaiser Permanente members who are interested in quitting tobacco

Get an overview of strategies and resources to help you harness your power to quit tobacco.

1 session, 2 hours

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Freedom from Tobacco – Webinar

### For Kaiser Permanente members who are interested in quitting tobacco

Get an overview of strategies and resources to help you harness your power to quit tobacco.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



Follow @QuitandStayQuit on Twitter

Get tips and support as you declare your freedom from tobacco!

## **NEW!** Quitting Tobacco and Vaping – online group coaching

### **For Kaiser Permanente members 18 and older**

Develop a plan to quit and stay quit.

Join this online program on quitting tobacco and vaping, led by a certified health coach. In this group, you will develop a plan based on your unique lifestyle to support what's most important to you and increase your likelihood to maintain long-term success. Group coaching draws on inner knowledge and brings with it the wisdom of the group to increase success for all.

4 sessions, 1 hour each

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class and date you want.

**Note:** Please register for only the first session of a class. When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Telephone Coaching

### **For Kaiser Permanente members who are thinking about quitting tobacco**

Whether you're ready to quit or just thinking about it, health coaches are available for support. We help with tobacco cessation medications, answer questions, and listen respectfully. When you are ready, we will help you create a plan and support you through the rough spots.

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Select "Health Coach" then follow the prompts to set up your appointment.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



**Talk with a health coach  
about your options for  
quitting tobacco**

Please call and select option 2

- From Portland 503-286-6816
- From all other areas 1-866-301-3866

### **Want to know more?**

- Visit **kp.org/healthengagement/quittingtobacco**.
- Check out the online management programs at **kp.org/healthylifestyles**. They are for Kaiser Permanente members at no additional cost.





Women's health

# Live life to the fullest

With the many roles you play, it's not always easy to find the time and energy to take care of yourself. Staying informed, getting recommended health screenings, and living a healthy lifestyle can help keep you feeling and looking your best at every age.

## Taking Control of Your Bladder

### **For Kaiser Permanente members who have bladder control problems**

Learn about bladder control problems, treatment options, and strategies to manage urine leakage.

Do you have problems with urine leakage or getting to the bathroom quickly enough? Most incontinence can be improved with lifestyle changes alone. In this class, you'll get information to help yourself and find possible treatment options, so you can decide to seek further assistance from a specialist in the future. A female support person is welcome to attend with you.

1 session, 1–1.5 hours

No fee for Kaiser Permanente members

For more information or to register, please call **503-571-4910** or **503-571-2946**.

## Menopause Class

### **For members experiencing symptoms or wanting information about menopause**

This virtual class includes a discussion of physical changes during perimenopause/menopause and associated symptoms. We'll also review hormone and alternative treatment management and preventive health strategies. The class is led by clinicians from the Obstetrics and Gynecology Department.

1 session, 1.5 hours

Fee: May require a copay. Please check with Member Services at **503-813-2000**, option 5.

To register, please log on to **kp.org/appointments** or call **503-813-2000**, option 1.

## Women's Pelvic Floor Pain

### **For Kaiser Permanente members who have pelvic floor pain, including pain with sex**

Whether pelvic pain is limiting activities of your daily life, including walking, working, or exercising, or is only limiting sexual intimacy, you can learn how to better manage it.

Join this interactive, small group to learn ways to help your body heal. Topics include physical therapy treatments, relaxation strategies, tools to address the psychosocial aspects of pain, and simple lifestyle changes. This session is led by physical therapists and women's health counselors.

1 session, 2 hours

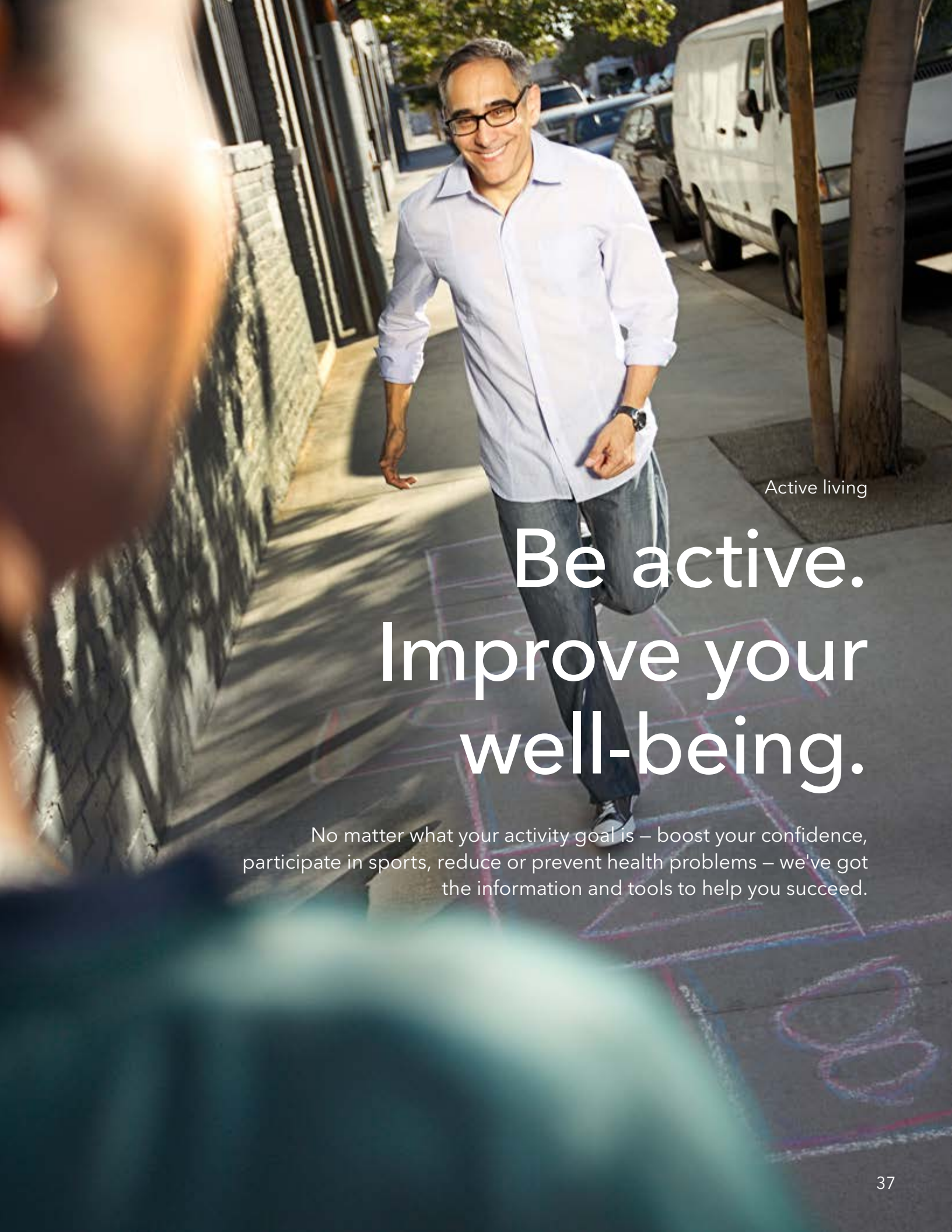
No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

**Want to know more?**

Visit **kp.org/womenshealth**.



A man with glasses and a light blue button-down shirt is running on a sidewalk. He is smiling and looking towards the camera. The sidewalk has colorful chalk hopscotch drawings on it. In the background, there is a white van parked on the street and a brick wall on the left. The scene is brightly lit, suggesting it's daytime.

Active living

# Be active. Improve your well-being.

No matter what your activity goal is – boost your confidence, participate in sports, reduce or prevent health problems – we've got the information and tools to help you succeed.



## Fall Prevention and Balance Screening

**For Kaiser Permanente members interested in learning about balance, fall prevention, and how to maintain mobility as you age**

Learn the internal systems we use for balance, exercises designed to improve balance, and different ways to prevent falls.

Did you know you can improve your balance and prevent falls? Falls are the leading cause of loss of independence over the age of 65. In this class, you will learn the foundations and skills needed to get your balance back on track. An optional balance screening is also offered.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.



## Healthy Hips and Knees

**For Kaiser Permanente members who have pain or arthritis**

Learn how to stay active when you have symptoms of pain or arthritis.

Learn how to manage your pain and heal and strengthen your body. Proper body mechanics and activities to keep yourself strong and moving will be covered.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

## Healthy Spine Class

**For Kaiser Permanente members with acute or low back pain**

Learn strategies to manage your low back pain symptoms.

Learn about proper body mechanics to prevent injury, and how to manage the pain of flare-ups. The session will also cover important exercises for the spine and suggestions for when to seek care.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

## Parkinson's Disease: Exercise as Medicine

### For Kaiser Permanente members with Parkinson's disease

Improve your understanding of Parkinson's disease and the benefits of exercise.

This class is taught by a physical therapist. You'll learn more about Parkinson's and why exercise is essential in managing your symptoms. We'll share and discuss community, as well as Kaiser Permanente, resources.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Family members are welcome and encouraged to attend with you.

To register, please call **1-844-394-3972**.

## Silver&Fit®

### For Kaiser Permanente Senior Advantage (HMO) plan members

Stay or become more active.

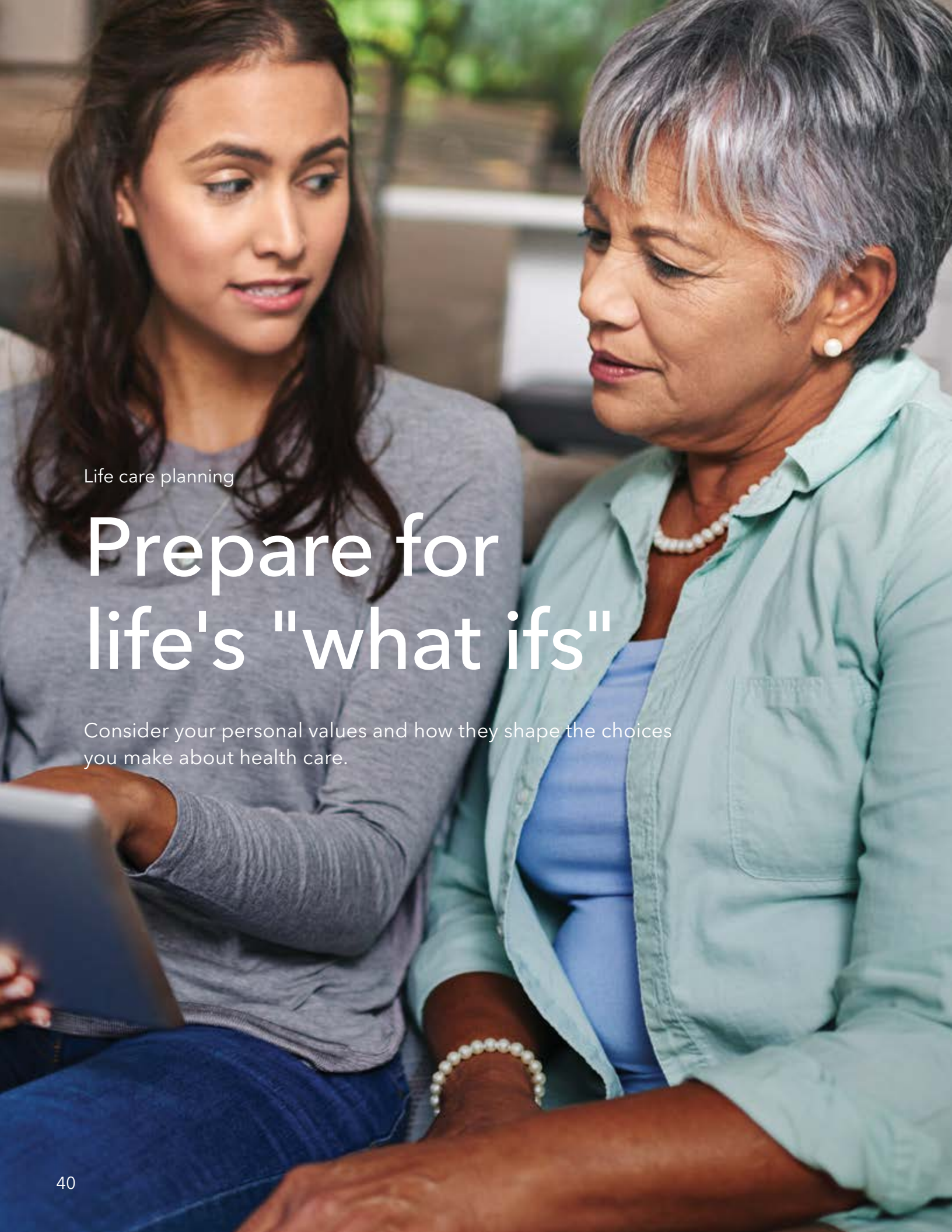
Silver&Fit gives you access to selected fitness facilities, exercise programs, and home fitness kits (options include yoga, tai chi, strength and stamina, diabetes workout, barre fitness, and chair dancing). You'll also have access to online tools, newsletters, and invitations to social activities. Tools at **SilverandFit.com** include Silver&Fit Signature Series exercise videos, Facebook Live exercise classes, and Healthy Aging coaching.

To find a participating facility near you, please call **1-877-221-8221** (TTY 711).

### Want to know more?

- Visit [kp.org/healthengagement/preventingfalls](https://kp.org/healthengagement/preventingfalls).
- Visit [kp.org/healthengagement/exercise](https://kp.org/healthengagement/exercise).





Life care planning

# Prepare for life's "what ifs"

Consider your personal values and how they shape the choices you make about health care.



## Life Care Planning My Values: First Steps

### For all adults

Learn about advance directives and sharing your wishes for future health care decisions.

Life Care Planning begins with choosing someone to speak for you if you are unable to speak for yourself. This person is called a health care agent/decision maker. Learn about what to consider when choosing your agent and completing your advance directive forms. You'll gain peace of mind from knowing that your values and wishes are honored in health care decisions.

1 session, 2 hours

No fee for Kaiser Permanente members

We strongly encourage an adult support person to attend with you.

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

### Want to know more?

- Check out **lifecareplan.kp.org**.
- Visit **kp.org/healthengagement/aging**.
- If you're a Medicare member and need more information on the program, please call **1-877-221-8221** or **711** (TTY for the hearing/speech impaired). Help is available 8 a.m. to 8 p.m., seven days a week.
- Kaiser Permanente members can receive a discount on medical alert monitoring through LifeStation. Call **1-855-212-6236** or go to **lifestationadvantage.com**.



**How old do you have to be to do life care planning and complete an advance directive?**

- A. 18
- B. 40
- C. 62
- D. 75

**Answer: A.**  
All adults should prepare for life's "what ifs" and make plans for their future health care.



## We help make it easy to register for a class

### Online

Sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

### By phone

Call us at **503-286-6816** or **1-866-301-3866**, Monday through Friday, and select option 1. Please have your health record number available.

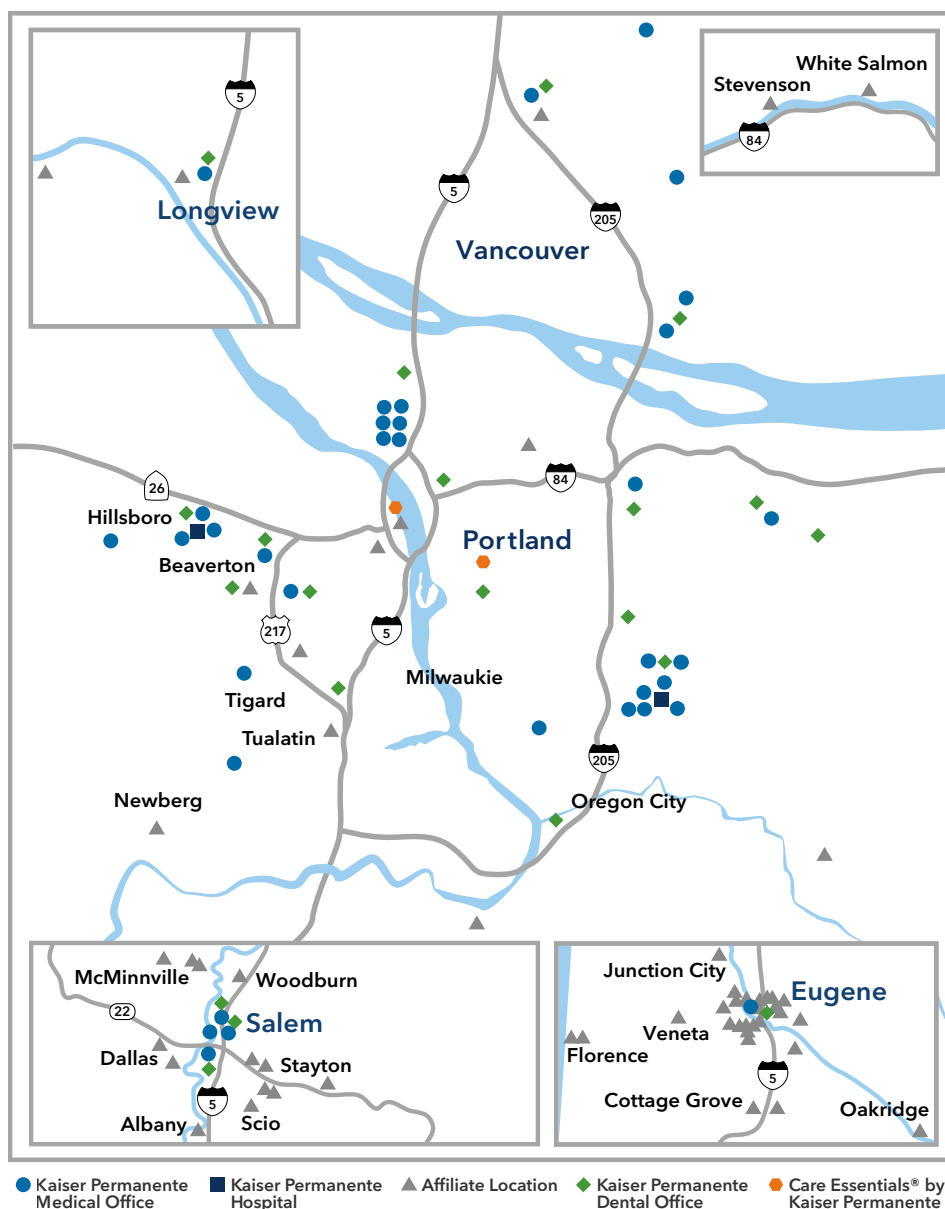
### Helpful information – Classes

One week's notice is needed to cancel registration or transfer to another class.

Health Engagement and Wellness Services may, on rare occasions, cancel a class. This may be due to low enrollment, bad weather, or other circumstances beyond our control.

# Oregon and SW Washington

We provide quality care to more than 600,000 members in Oregon and Southwest Washington. Our service area extends from Eugene, Oregon, to Longview, Washington, and includes medical offices, dental offices, Vision Essentials by Kaiser Permanente optical retail locations, urgent care clinics, hospitals, and Care Essentials clinics. We also have a network of affiliated providers for routine, urgent, or emergency care.



For quick and easy care, including prescriptions, try a scheduled phone or video visit or an e-visit when appropriate and available. These features are available when you get care at Kaiser Permanente facilities. Learn more at [kp.org/telehealth/nw](https://kp.org/telehealth/nw).



Facility information current as of August 2020.

Go to [kp.org/locations](https://kp.org/locations) to see all our current locations and to find the facility closest to you. Or call Member Services at 1-800-813-2000 (TTY 711).

**COVID-19 UPDATES:** To help ensure the safety of our members, staff, and community, we may need to temporarily close or limit in-person services at some of our medical and dental facilities. You can still get the care you need, including emergency care, e-visits, phone or video visits, and more. For the most up-to-date information, please visit [kp.org/coronavirus](https://kp.org/coronavirus).



# Oregon and SW Washington



## Dental

With Kaiser Permanente's coordinated medical and dental care and coverage, it can be simpler to take care of your total health. Our skilled dentists, convenient dental locations, and quality services will make you smile. Learn more at [kp.org/dental/nw](https://kp.org/dental/nw).



## Pharmacy

Most of our Kaiser Permanente medical offices include pharmacy services. You also have the option of using our mail-order pharmacy service to fill and refill most prescriptions.



## visionessentials<sup>®</sup> by KAISER PERMANENTE<sup>®</sup>

Our optometrists, ophthalmologists, and opticians work together within our integrated care delivery system and are able to connect to our larger team of medical professionals and services.

Learn more at [kp2020.org](https://kp2020.org).



## careessentials<sup>®</sup> by KAISER PERMANENTE<sup>®</sup>

Care Essentials by Kaiser Permanente are convenient care clinics that provide nonemergency and preventive health services to both Kaiser Permanente members and nonmembers.

- Treatment for minor illnesses and injuries
- Preventive services, including checkups, vaccinations, and some lab and diagnostic testing

There are 2 Portland locations in the Hawthorne and Pearl neighborhoods.

Learn more at [careessentials.org](https://careessentials.org).



## Affiliate Providers

Kaiser Permanente health plans include access to affiliate providers for primary and specialty care, including The Portland Clinic.\*

\*Not available as an in-network provider to members on Medicaid, receiving full Medical Financial Assistance from Kaiser Permanente, or visiting from another Kaiser Permanente region.



## Leading your life with a balanced sense of wellness – in body, mind, and spirit – contributes to a healthier lifestyle.

### [kp.org](https://kp.org)

When you're registered on **kp.org** or the KP app, you get access to some of your personal health information.

Free and confidential online services available to members include:

- Sending secure, nonurgent email messages to your doctor.
- Viewing information about your ongoing medical conditions, allergies, past office visits, and more.
- Seeing results of some lab tests.
- Filling prescriptions.
- Making or canceling appointments.

To get started, sign up at **kp.org/register**. Once you are registered, you can use the website or the KP app. To use the Kaiser Permanente app, you must be a member registered on **kp.org**. If you need help with the website, please call **1-800-556-7677**.

**kp.org** also has a wealth of information, including health calculators, podcasts, and health and drug encyclopedias.

### [kp.org/healthengagement](https://kp.org/healthengagement)

Get tips, information, and resources you can use to take charge of your health. This website covers wellness topics, health coaching, and class offerings from Health Engagement and Wellness Services. You'll also find videos, podcasts, and links from **kp.org** and other credible, outside resources. **kp.org/healthengagement** can be accessed from a desktop computer, smartphone, or tablet.

### Social media

These outlets provide a little information and inspiration to help you make healthier choices. They are powered by the Health Engagement and Wellness Services Department of Kaiser Permanente Northwest.

- **[twitter.com/HealthyLivingNW](https://twitter.com/HealthyLivingNW)**  
Get out and about, and have fun with your family and friends.
- **[twitter.com/QuitandStayQuit](https://twitter.com/QuitandStayQuit)**  
Get tips and support as you become a former tobacco-user.

## Healthy lifestyle programs

With our online wellness programs, you'll get advice, encouragement, and tools to help you create positive changes in your life. These digital programs are far more than just information. They are designed to help you assess where you are, and then provide tailored tips, tools, and messages that meet your specific goals.

Start with a Total Health Assessment, a simple online survey about you, your habits, and your choices. Your answers result in a personal Health Profile created just for you by health professionals. It will help you set goals to improve your well-being.

### These programs can help you with:

- Eating healthy
- Losing weight
- Moving more
- Sleeping better
- Reducing stress
- Quitting smoking
- Managing health conditions

Learn more at [kp.org/healthylifestyles](https://kp.org/healthylifestyles).

## ChooseHealthy

Kaiser Permanente members can get reduced rates on a variety of fitness, health, and wellness products through the ChooseHealthy program. This includes activity trackers, workout apparel, and exercise equipment. You also have access to contracted fitness centers in the Active&Fit Direct network – more than 11,000 participating centers nationwide. The ChooseHealthy program is not available at this time to Medicaid members. For more information, log on to [kp.org](https://kp.org) and search for "choosehealthy."

## Active and Healthy

Complementary Healthcare Plans offers discounts on fitness, wellness, and entertainment activities. To take advantage of these deals, go to [CHPActiveandHealthy.com](https://CHPActiveandHealthy.com).

After you create an account, you can search among thousands of offers. You'll need your Kaiser Permanente health record number to sign up.

## Mental health apps

Find digital personalized programs at [kp.org/selfcareapps](https://kp.org/selfcareapps)\*

- myStrength includes interactive activities, coping tools, inspirational resources, and community support.
- Calm is for meditation and sleep – designed to help lower stress, reduce anxiety, and more.

\*Only available to Kaiser Permanente members with medical coverage.

## ClassPass

ClassPass makes it easier for you to work out from anywhere. It partners with 30,000 gyms and studios around the world, offering a range of classes that include yoga, dance, cardio, boxing, Pilates, boot camp, and more.

Kaiser Permanente members can get:

- Unlimited on-demand video workouts at no cost.
- Reduced rates on livestream and in-person fitness classes.

For more information, log on to [kp.org](https://kp.org) and search for "classpass."



# Thinking about a healthier lifestyle?

## Talk with a health coach

Wellness Coaching by Phone offers support through one-on-one phone or video calls with a coach as you discuss:

- Your health goals.
- The process of change.
- Ideas to jump-start your motivation and tools to overcome common obstacles.
- Options for new resources and next steps.

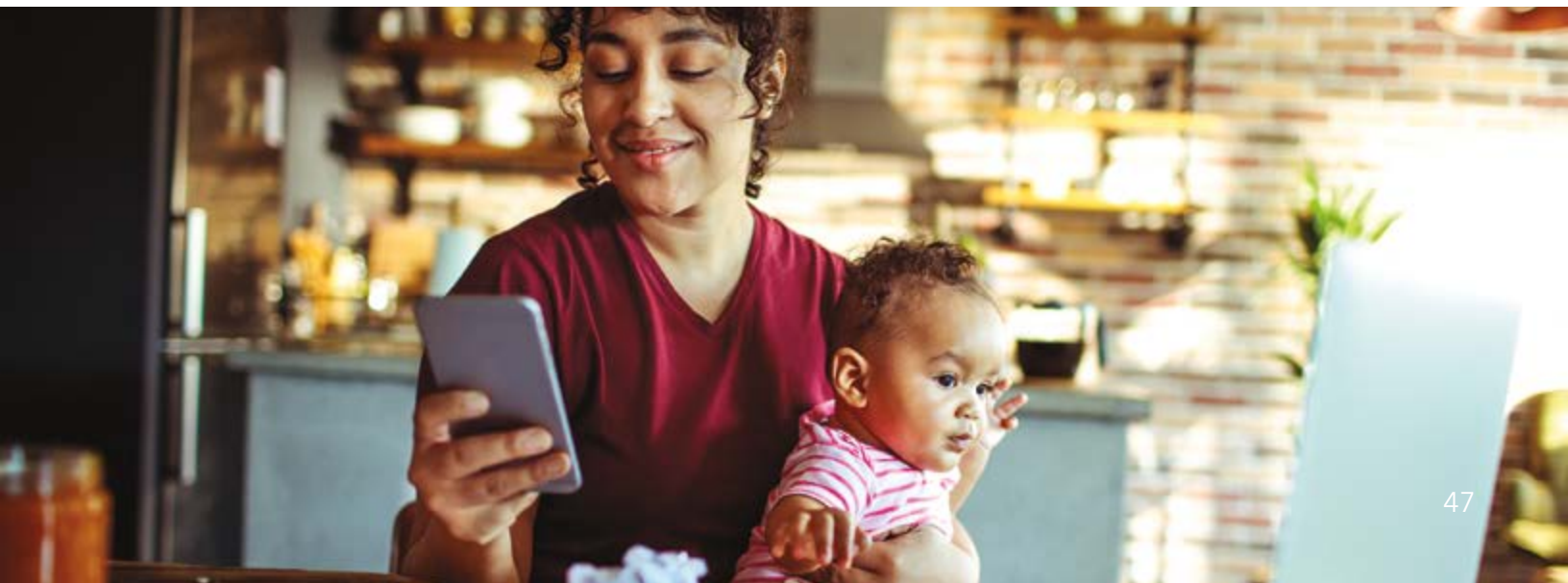
Group Health Coaching offers the benefits of one-on-one coaching in a 4-week online group. This program may be right for you if you:

- Enjoy the energy and accountability of a group environment.
- Appreciate the dynamic of sharing ideas with others.
- Are interested in expanding your social network and building community.

Call **503-286-6816** or **1-866-301-3866**, option 2, to learn more and enroll.

You also can register by signing on at **[kp.org/appointments](https://kp.org/appointments)**. Click “Schedule appointment,” then select Health and Wellness Education. Follow the prompts to select the offering, date, and time you want.

This service is for Kaiser Permanente members at no additional cost. It is available Monday through Friday.





[kp.org/healthengagement](https://kp.org/healthengagement)