

HEALTHY LIVING

HEALTH AND WELLNESS CLASSES AND RESOURCES



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 help jump-start your motivation
- Tools to help 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:

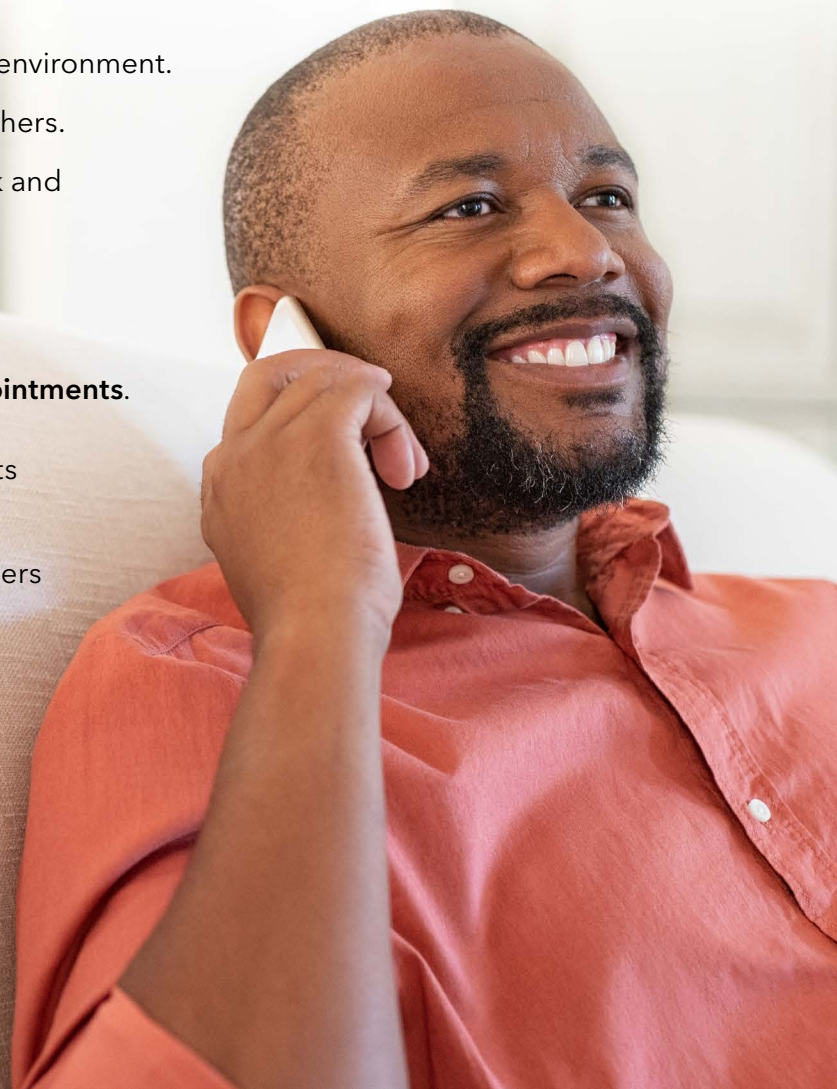
- Enjoy the energy and accountability of a group environment.
- Appreciate the dynamic of sharing ideas with others.
- Are interested in expanding your social network and building community.

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**. Click "Schedule appointment," then select Health and Wellness Education. Follow the prompts and make your selections to finish registering.

Wellness coaching is for Kaiser Permanente members 18 and older at no additional cost. It is available Monday through Friday.

kp.org/healthengagement



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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 well-being.

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

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 – webinar

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.

4 sessions, 2.5 hours each

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 and make your selections to finish registering.

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 self-study

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 helps 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.





CenteringPregnancy Group Prenatal Care

For Kaiser Permanente members who are expecting a baby

Become a part of a community that helps empower you to be actively involved in your own care and equip you to make healthy choices throughout pregnancy and beyond.

CenteringPregnancy is prenatal care in a group setting. At each visit, you'll have one-on-one time with your Centering clinician for a check-up and to discuss any private concerns. The remaining time is for the group to talk about pregnancy issues. These include exercise, nutrition, reducing stress, signs of labor, breastfeeding, new baby care, and after-delivery issues.

10 sessions, 2 hours 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**.

Kaiser Permanente Hospital Birth Tour – webinar or in person

For Kaiser Permanente members who plan to give birth at Kaiser Permanente Sunnyside Medical Center or Westside Medical Center

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

A hospital birth tour provides information about your hospital 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

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 and make your selections to finish registering.

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

Legacy Salmon Creek Family Birth Center Tour

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

Join an in-person tour of the Family Birth Center anytime during your pregnancy. Registration is required.

1 session, 1 hour

No fee for Kaiser Permanente members

Please note that siblings/children are not allowed on tours at this time.

Register online at legacyhealth.org/Services-and-Resources/resources/classes-events or get information by emailing HavingABaby@lhs.org.

Salem Hospital Birth Tour – video

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

Families can watch a video tour of the Family Birth Center anytime during the pregnancy.

No fee for Kaiser Permanente members

Go to salemhealth.org/fbc and click on "Learn about the FBC."



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.

Prenatal Breast/Chest Feeding Class

For Kaiser Permanente members who are expecting a baby

Learn about breast/chest feeding.

This video course is led by a lactation consultant. It focuses on important details you need to know about breast/chest feeding before and during the first few weeks after the birth of your baby.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, please call **1-855-206-0302**. You also can register online at kp.org/appointments. Click "Schedule appointment," then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.



NEW!

Baby and Me – support group

For Kaiser Permanente parents and their babies

Get in-person support for breast/chest and/or bottle feeding.

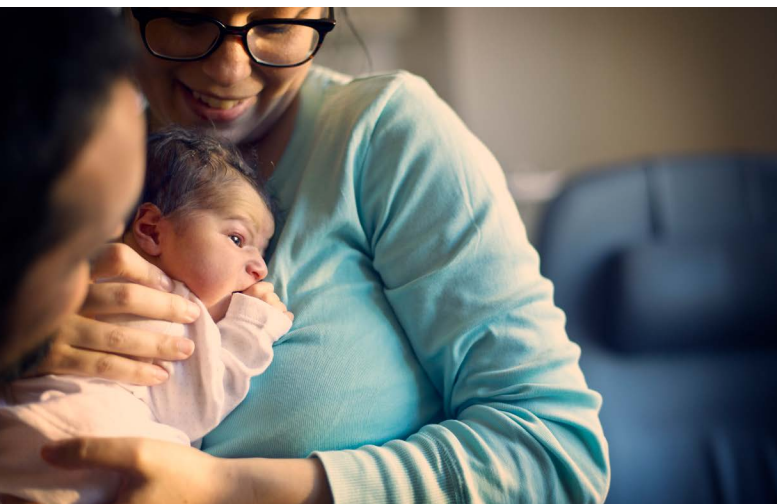
This group is led by a lactation consultant. Come with your feeding questions and ready to connect with others.

Ongoing sessions, 2 hours each

No fee for Kaiser Permanente members

Locations: Beaverton and Salmon Creek medical offices

To register, please call **1-855-206-0302**. You also can register online at **kp.org/appointments**. Click “Schedule appointment,” then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.



Tool Kit for New Parents – webinar

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 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**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

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

Breast/Chest Feeding – virtual support group

For Kaiser Permanente members who would like extra support in their breast/chest feeding and/or pumping journey

This video group visit is led by a lactation consultant.

Ongoing sessions, 1 hour each

No fee for Kaiser Permanente members

To register, please call **1-855-206-0302**.

You also can register online at kp.org/appointments. Click “Schedule appointment,” then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.



Food fights?

Concerned about your family’s health and eating habits? Learn more in a recorded webinar (no additional cost). See page 15 for details.



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 for Kaiser Permanente members

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

1-Month Pediatric Group Visit – virtual group

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 – to get answers you're looking for.

1 session, 1 hour

No fee for Kaiser Permanente members

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



Want to know more?

- Visit kp.org/healthengagement/pregnancy.
- Visit kp.org/healthengagement/kidsandfamily.
- For vasectomy information or to make an appointment, please call **503-571-1245**. You also can schedule by signing on at kp.org/appointments. Select Urology Services then follow the prompts to make an appointment.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pregnancy, early parenting, pain, nicotine recovery, stress, sleep, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.

How to stay active at work, even with a desk job

by Kaiser Permanente

If you're desk-bound at work, it's probably tough to get enough movement throughout the day. You may have even heard that sitting is the new smoking – that's because when you sit all day, the inactivity could lead to back and joint pain and more serious problems like high blood pressure and type 2 diabetes.

If you think a quick trip to the gym after sitting all day at work is a total fix, we've got some bad news for you.

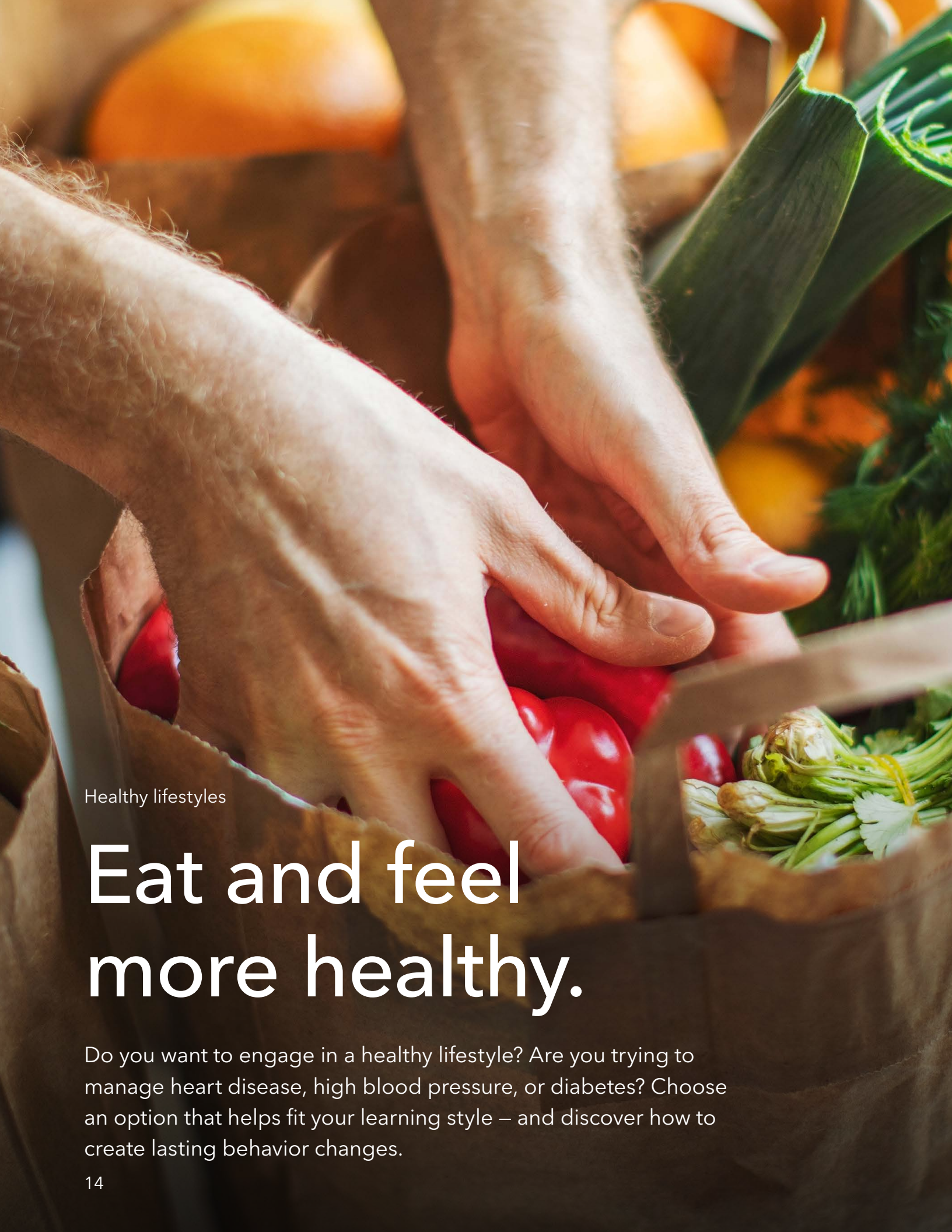
"Our bodies are designed to move, so even regular exercise isn't going to counteract the damaging effects of sitting at your desk all day," says Caroline King-Widdall, MD, a family medicine physician with Kaiser Permanente Northwest in Salem, OR.

Since quitting your job in favor of a more active lifestyle isn't exactly a viable option, here are Dr. King-Widdall's tips for getting more activity during the day:

- If possible, work from a standing desk. If you don't have one available to use, try standing more throughout the day – when you're eating lunch or talking on the phone, for example.
- Think outside the conference room. Suggest you and your colleagues or boss go for walking meetings. It's also a good idea to get up and walk around a bit every hour at the office.
- When you get home at night, instead of sinking into the couch to watch television, use an exercise ball to get some extra movement for the day.
- Get an ergonomic assessment done on your desk and chair to make sure it's adjusted to the correct height and to prevent possible aches and pains.
- Wear a fitness tracker to track your steps and set goals for yourself. If you're already standing more, you'll likely end up taking more steps throughout the day.

Add these habits to your daily routine to get your body moving throughout the workday and improve your overall health.





Healthy lifestyles

Eat and feel more healthy.

Do you want to engage in a healthy lifestyle? Are you trying to manage heart disease, high blood pressure, or diabetes? Choose an option that helps fit your learning style – and discover how to create lasting behavior changes.

NEW!
**Strategies for Healthy Living –
webinar (formerly Healthy Weight)**

For Kaiser Permanente members 18 and older who would like to explore behavior change to improve healthy eating habits and increase physical activity

Learn more about health-promoting behaviors.

Explore long-term solutions to fit healthy habits into your everyday life. This class focuses on increasing movement, embracing intuitive eating practices, adding nutrient-dense food choices, and busting common diet myths.

8 sessions, 1 hour each

No fee for Kaiser Permanente members

A support person is welcome to join 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 and make your selections to finish registering.

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.

NEW!
Making Peace with Food – webinar

For Kaiser Permanente members 18 and older who would like to explore a weight-neutral, non-diet approach to rebuild a positive, confident, and enjoyable relationship with food.

Learn to rebuild a trusting relationship with food and your body and to reclaim the health and happiness that you are entitled to enjoy, at any shape and size.



Diet culture and the pursuit of smaller bodies has left many of us with a fractured relationship with food and our bodies. The class will cover skills and tools rooted in:

- The Joy of Eating, Being a Competent Eater (Ellyn Satter Institute).
- Body Trust, self-compassion.
- Intuitive Eating principles: discover the satisfaction factor, reject the diet mentality, honor your hunger, feel your fullness, cope with your feelings with kindness.

We'll learn these through in-class and at-home practice. Sessions will include focused-eating exercises. Please bring a neutral food such as crackers to these sessions.

8 sessions, 1 hour each

No fee for Kaiser Permanente members

A support person is welcome to join you.

You need a referral from your doctor to participate in this class. Call or email your doctor via kp.org/messages to ask for a nutrition department referral.



Plant-based Eating Program – webinar

For Kaiser Permanente members 18 and older who are 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.

Get an introduction to whole food, plant-based eating. You'll learn about the benefits, resources, and ways to include more of these foods into your life.

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 and make your selections to finish registering.

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

Wellness Coaching by Phone Program

For Kaiser Permanente members 18 and older

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 for a phone or video call.

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 wellness programs at **kp.org/healthylifestyles**. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Find programs and services near you at **kp.org/communityresources**. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Use the apps at **kp.org/selfcareapps***. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.



Preventing diabetes

Be proactive

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

Understanding Prediabetes – webinar

For Kaiser Permanente members 18 and older 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 and make your selections to finish registering.

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

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



Want to know more?

- Strategies for Healthy Living can help you learn about lifestyle changes that can help prevent diabetes. See page 14.
- Visit kp.org/healthengagement/prediabetes.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

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A photograph of two women in a kitchen. The woman in the foreground is smiling and looking down at a strawberry she is holding. She is wearing a dark purple cardigan over a white top and a necklace with a square pendant. The woman in the background is wearing glasses and a light blue cardigan over a patterned top, and is focused on a task, possibly cutting a pineapple. The background shows a kitchen with white cabinets and a window.

Managing diabetes

Take control

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

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 and make your selections to finish registering.

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.

Diabetes Individual Visit – by phone or video* visit

For Kaiser Permanente members 18 and older who already have diabetes and have specific questions about diabetes or device training or who have already attended our Diabetes Basics webinar or class and would like follow-up

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

1 session, 1-2 hours

No fee for Kaiser Permanente members

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

*When appropriate, available, and legally permissible.

*These features are available when you get care at Kaiser Permanente facilities.

*If you travel out of state, phone appointments and video visits may not be available due to state laws that prevent doctors from providing care across state lines. Laws differ by state.

*To have a video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device.

Insulin Information – webinar

For Kaiser Permanente members 18 and older who plan to start insulin or have been taking insulin for a while and need a refresher

Learn about insulin, injection techniques, how to time insulin with meals and activity, and proper disposal of insulin syringes. This webinar is led by a certified diabetes educator.

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 and make your selections to finish registering.

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 18 and older who plan to start insulin or have been taking insulin for a while and need a refresher, but are unable to attend the webinar

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.



*When appropriate, available, and legally permissible.

*These features are available when you get care at Kaiser Permanente facilities.

*If you travel out of state, phone appointments and video visits may not be available due to state laws that prevent doctors from providing care across state lines. Laws differ by state.

*To have a video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device.

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

Virtual and in-person classes are offered at different times through the year. For more information, please call **503-331-6260**.

Want to know more?

- Go to kp.org/healthengagement/diabetes.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.

Rethink how you respond to stress

Your reaction to stress may feel automatic at times. But what if the next time you felt stressed, you reacted in a way that calmed you down, helped you feel better, and renewed your energy?



With practice, these healthier responses can help you in the short term and in the long term. Here are some ideas you can try.

- Interrupt stressful thinking. Give yourself something else to think about by listening to a song or a guided meditation.
- Spend time by yourself. Soak in a warm bath. Read a book that inspires you.
- Renew a feeling of control. Do something with mindful attention. Take time to brew a cup of tea. Feel the warmth of the mug. Hear the whistle of the kettle. Smell the fragrance of the tea. Taste the flavor.
- Practice ways to relieve stress at times when you're not stressed. This can help turn it into a habit, so you can rely on it when you need it. Depending on how much time you have, here are a few suggestions. When you have:
 - **1 minute:** Close your eyes, and simply focus on the in-and-out of your breathing. If it helps you to focus, count your breaths.
 - **5 minutes:** Travel in your mind to a place that helps you feel calm. If you have trouble imagining a place, find a picture or a piece of art that relaxes you. Explore it by noticing as many details as you can.
 - **10 minutes:** Eat a piece of fruit. Eat slowly and savor each bite. What flavors do you taste?
 - **15 minutes:** Color with crayons, or doodle. Or find other simple things you could do to relax.
 - **20 minutes:** Take a walk. Go outside if you can. Take a few deep breaths. Notice what's around you, the sounds, and how the air feels.
- Plan your new choices. If you're ready to start trying new ways to react when you're stressed, you might think about these questions. They can help you get started. Write down your ideas.
 - When things get stressful, how do I react now?
 - If I handled stress in a new way, how would I feel about myself?
 - What would I want my family, friends, or co-workers to notice about me?
 - What are some things I could do to cope when I feel stressed? (You could pick things from the list in the previous step. Or you may have your own ideas.)
 - When could I start adding new responses to stress into my day?



Ongoing conditions

Improving your well-being

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

Adult Cancer Support Group – virtual group

For people 21 and older who have been diagnosed with cancer

This online 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

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

Breast Cancer Rehab Class

For Kaiser Permanente members with a current (or prior) diagnosis of breast cancer

Gain an understanding of possible side effects and related action items for each phase of your cancer treatment.

Learn how activity or exercise can impact your overall well-being, both during and after cancer treatment. You'll also learn about scar tissue management, axillary web syndrome, and lymphedema.

1 session, 1 hour

No fee for Kaiser Permanente members

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

NEW!

Concussion Class: Symptom management and recovery

For adult Kaiser Permanente members and for parents of children 13 and older who have had a concussion

Improve your understanding of concussions and what to expect from the recovery process.

This session covers the common signs and symptoms of concussion. You'll also learn ways to help improve your recovery and which possible rehab referrals may be right for you.

1 session, 1 hour

No fee for Kaiser Permanente members

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





COVID-19: Recovery and Rehab

For Kaiser Permanente members recovering from COVID-19

Get information and tips to help you deal with some of the most common symptoms that people recovering from COVID-19 have.

This class covers strategies that can play a key role in your recovery. Learn how to reduce fatigue, improve your sleep and concentration, enhance your breathing, have a safe and gradual return to exercise and activity, and pace your daily activities.

1 session, 1.5 hours

No fee for Kaiser Permanente members

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

Lifestyle Medicine to Prevent, Treat, and Reverse Chronic Disease – virtual group

For Kaiser Permanente members 18 and older (or parents of younger members) interested in healthy lifestyle changes to improve health

Learn about healthy lifestyle practices that can help you and your family take control of your health and reach your goals.

Lifestyle medicine is using personalized lifestyle changes to prevent, treat, and often reverse chronic disease. These changes include a whole-food, plant-predominant eating plan, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection.

This program is delivered by clinicians trained and certified in the specialty of Lifestyle Medicine. Learn more about Lifestyle Medicine through an introductory class conducted on Zoom.

No fee for Kaiser Permanente members

For more information, please call **503-335-2671** or **1-888-813-2000**, ext. 162671.



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.

Group video* appointments:

- Foundation in pain neuroscience education and guidance to develop your pain management plan.
- 7 sessions – 1-6 are 2-hour sessions for education and skill practice and session 7 is a 60-minute individual care plan appointment.
- Facilitated by a team of pharmacists, clinical social workers, and a physical therapy assistant. All team members have training in pain management.
- An adult support person may attend with you at no additional charge.

Individual appointments:

- A pain assessment and a series of follow-up appointments to help you develop your pain management plan. Sessions focus on your specific strengths and goals as well as specific challenges you may be experiencing in your pain management.
- Follow-up appointments include counseling to work with the relationship between pain, nervous system function, thoughts, and emotions. Biofeedback and/or clinical hypnosis may be offered as treatment approaches to help you retrain your nervous system.
- Services provided by psychologist or clinical social worker. All team members have training in pain management.
- Video* and office appointments available. Office visits are at Central Interstate, Orchards, and Skyline medical offices.

Fees vary

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

*When appropriate, available, and legally permissible.

*These features are available when you get care at Kaiser Permanente facilities.

*You must be located in Oregon or Washington during the video or phone appointment.

*For an individual video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device. For the group video visits, we use Microsoft Teams, which does not require kp.org registration but does require a camera-equipped computer or mobile device.

Living Well with Chronic Conditions

For Oregon 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. If you live in Oregon, go to healthoregon.org/livingwell for more information.



Want to know more?

- Visit kp.org/healthengagement for information on pain, ADHD, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Watch videos on diabetes, high blood pressure, lower back pain, and COPD at kp.org/video.
- See pages 20-21 for diabetes prevention information.
- Visit kp.org/cancercare/nw.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.

*Only available to Kaiser Permanente members with medical coverage.

A young tree sapling with vibrant green leaves is being planted in a mound of dark soil. The sapling is the central focus, with its thin trunk and several pairs of leaves extending upwards. It is surrounded by a circle of hands, suggesting a group effort in planting. The background is softly blurred, showing more people and a warm, golden light, possibly from the setting or rising sun, creating a peaceful and hopeful atmosphere.

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.

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 online program, you will develop a stress management plan that is realistic and doable, that helps fit 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 and make your selections to finish registering.

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.

Find Your Motivation – online group coaching

For Kaiser Permanente members 18 and older

Get help to start healthy habits or stop unhealthy ones.

Are your intentions for healthier habits not quite in line with your actions? This online series may be just what you need. Group coaching combines the inner knowledge of each participant with the wisdom of the group to increase success for all. The activities in this series are designed to help you create enjoyable health routines and improve your quality of life.

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 and make your selections to finish registering.

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. With 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.

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 with 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.

Understanding Alzheimer's and Dementia

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

Learn about what is normal aging and what is dementia.

This program is offered 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.

Autism Spectrum Disorder Caregiver Orientation

For families with children recently diagnosed with Autism Spectrum Disorder

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

This online 37-minute program provides information about autism, accessing care through Kaiser Permanente, and accessing other systems of care and support in the community.

You can watch anytime at kp.org/ASDcaregiverorientation/nw.

No fee for Kaiser Permanente members

For more information about the class, please call **503-331-6357**.

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 help 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

A referral from your doctor is required for this class.

To register, 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.

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

Drop-In Grief Support Groups – virtual group

For adults (18 and older) who have lost a loved one

This virtual support group offers you 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.

These groups are led by a Kaiser Permanente bereavement counselor from the Hospice and Palliative Care Bereavement Support Program.

Ongoing support groups, 1.5 hours each meeting

No fee

For more information, please call **503-499-5307**.



*When appropriate, available, and legally permissible.

*These features are available when you get care at Kaiser Permanente facilities.

*If you travel out of state, phone appointments and video visits may not be available due to state laws that prevent doctors from providing care across state lines. Laws differ by state.

*To have a video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device.

Coping with Grief during the Holidays – webinar

For adults (18 and older) who have lost a loved one

Get virtual support and resources as you deal during the holiday season with the loss of a loved one.

This program is led by a bereavement counselor with the Kaiser Permanente Hospice and Palliative Care Bereavement Support Program. It is offered several times during the year.

1 session, 1 hour

No fee

For more information or to register, please call **503-499-5307**.

Living After Loss – virtual class

For adults (18 and older) who have lost a loved one

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

This online 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 a Kaiser Permanente bereavement counselor from the Hospice and Palliative Care Bereavement Support Program.

8 sessions, 1.5 hours each

No fee

For more information or to register, please call **503-499-5307**.

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 begin to improve your well-being, with more confidence, and ready to manage whatever life sends your way.

Fees vary

For more information, talk with your personal doctor, call our self-referral line at **1-855-632-8280**, or go to **kp.org/mentalhealthservices**.

NEW!

Support for the Supporters Caregiver Group – online

For people 21 and older who are caring for a loved one with a cancer diagnosis

Get virtual support and resources that can help you.

This online group provides an opportunity for members to support each other as caregivers for someone with cancer. The group is facilitated by a Cancer Counselor (licensed clinician).

Ongoing weekly sessions, 60-75 minutes each

No fee

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



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, reading, holding a hand, or simply providing 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/hospice or call **503-499-5168**.

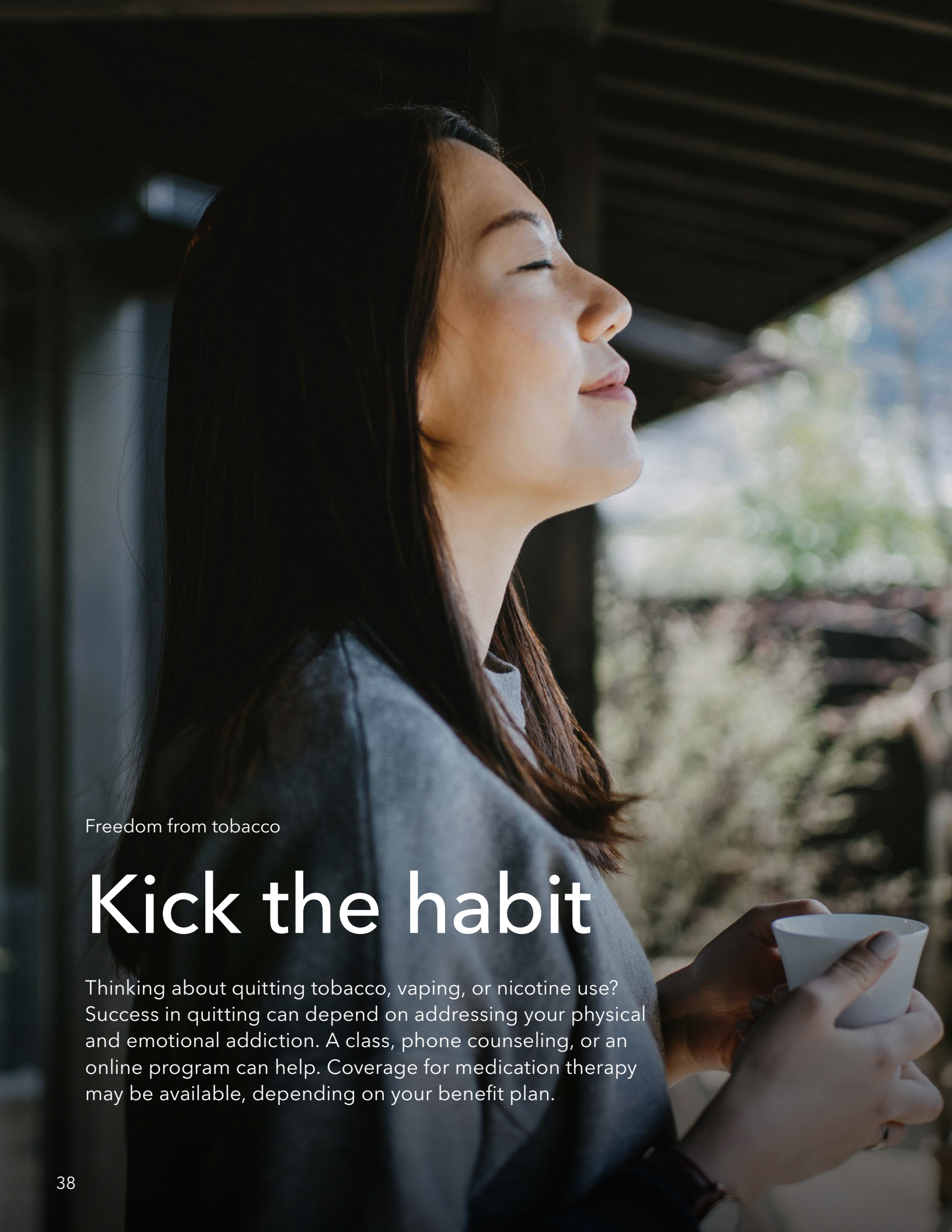
No fee

Offered in the Winter, Spring, and Fall. For more information on dates and times, please call **503-499-5168**.

Want to know more?

- Visit kp.org/healthengagement/stress.
- Visit kp.org/healthengagement/depression.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Visit kp.org/healthengagement/anxiety.
- Visit kp.org/deathofalovedone.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.



Freedom from tobacco

Kick the habit

Thinking about quitting tobacco, vaping, or nicotine use? Success in quitting can depend 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 – webinar

For Kaiser Permanente members 18 and older 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 and make your selections to finish registering.

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

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 help 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 and make your selections to finish registering.

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.



Follow @QuitandStayQuit on Twitter

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

Telephone Coaching

For Kaiser Permanente members 18 and older 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 for a phone or video call.

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

E-visits* for Quitting Tobacco

For Kaiser Permanente members 18 and older

Complete an online questionnaire and receive an action plan from a Kaiser Permanente clinician in a few hours. It will cover successful ways to quit smoking, vaping, or chewing. This may include at-home treatments, prescriptions, or recommendations to make an appointment for virtual or in-person care.


Start an e-visit at kp.org/evisits/nw.

Want to know more?

- Visit kp.org/healthengagement/quittingtobacco.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for nicotine recovery, pain, stress, sleep, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.

*If you have an HSA-qualified deductible plan, you will need to pay the full charges for e-visits, phone visits, and video visits until you reach your deductible. Once you reach your deductible, your copay is \$0 for scheduled phone and video visits.



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 – webinar

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 **1-855-285-4246**.

Sexuality Class – webinar

For Kaiser Permanente members who have questions about sexuality and sexual issues

Find creative solutions to these concerns. Get information about the female sexual response cycle and changes in sexuality over the lifetime.

We'll discuss hormonal changes, relationship changes, and how illnesses and medications can cause common problems with sexuality.

1 session, 90 minutes

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 **1-855-285-4246**.



Want to know more?

- Visit **kp.org/womenshealth**.
- Find programs and services near you at **kp.org/communityresources**. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at **kp.org/healthylifestyles**. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at **kp.org/selfcareapps***. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.



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 help 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, according to the U.S. Centers for Disease Control and Prevention. In this class, you will learn the foundations and skills needed to help get your balance back on track. An optional balance screening is also offered.

1 session, 2 hours

No fee for Kaiser Permanente members

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

Healthy Hands Class

For Kaiser Permanente members who have hand and wrist arthritis

Learn strategies that may prolong your hand function.

This session covers symptom management, adaptive equipment, task modification, alternative treatments, bracing/splinting, and gentle exercises.

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 with chronic hip and/or knee pain or osteoarthritis

Learn about the anatomy of the hip and knee and how it relates to your symptoms.

Learn strategies to manage your hip or knee symptoms and help prevent further injuries. The session will also cover important exercises for the hip and knee and suggestions for when to seek care.

1 session, 1 hour

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 help manage your low back pain symptoms.

Learn about proper body mechanics to help prevent injury, and how to help 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 both community and 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.

No fee for Senior Advantage members for a standard gym membership and other Silver&Fit offerings.

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



Want to know more?

- Visit kp.org/healthengagement/preventingfalls.
- Visit kp.org/healthengagement/exercise.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.



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 – webinar

For all adults 18 and older

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 representative. Learn about what to consider when choosing your representative 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 and make your selections to finish registering.

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). Help is available 8 a.m. to 8 p.m., seven days a week.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 54.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *Teladoc Health* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.



We help make it easier 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 and make your selections to finish registering.

By phone

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

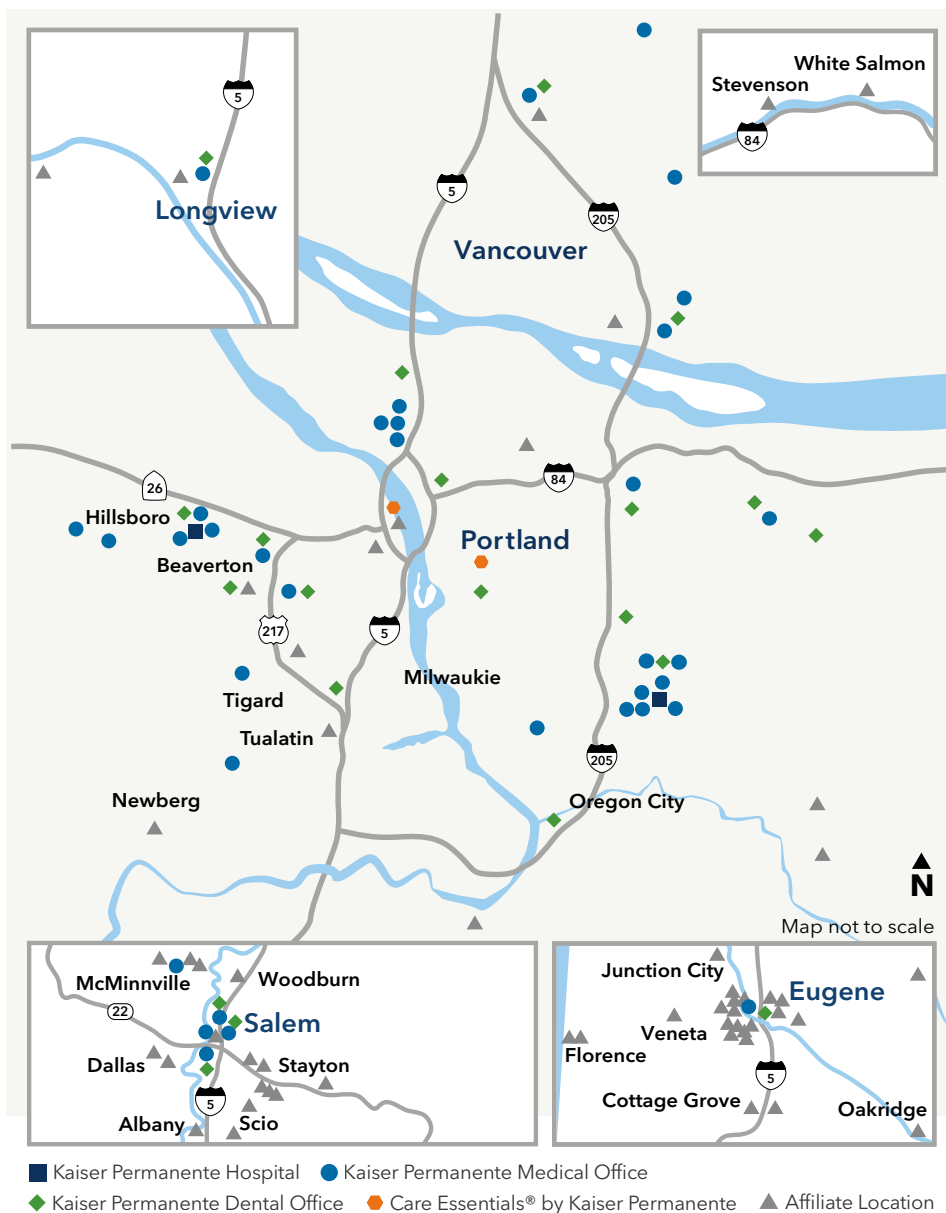
Helpful information – Classes

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. If this happens, a member of our scheduling team will email you through the kp.org Message Center.

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.



Get care now

Choose from convenient options, like 24/7 phone and video, or an e-visit, and find the care you need, when and where you need it.*

kp.org/getcare



Facility information current as of July 2023.

Go to 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)**.

*When appropriate and available. These features are available when you get care at Kaiser Permanente facilities. For high deductible health plan members, e-visits, phone, and video appointments are subject to your plan's annual deductible. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. To have a video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device. Applicable cost shares will apply for services or items ordered during an e-visit.

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 help make you smile. Learn more at 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 by KAISER PERMANENTE.

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/pacnw.

careessentials[®] by KAISER PERMANENTE.

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

Learn more at 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 – can contribute to a healthier lifestyle.

kp.org

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

Confidential online services available at no additional cost 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 most 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, videos, and health and drug encyclopedias.

kp.org/healthengagement

Get tips, information, and resources you can use to help 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 and links from **kp.org** and other credible, outside resources. **kp.org/healthengagement** can be accessed from a desktop computer, smartphone, or tablet.



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. It's 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.

ChooseHealthy

Kaiser Permanente members can get reduced rates on fitness, health, and wellness products through the ChooseHealthy program. This includes activity trackers, workout apparel, and exercise equipment. You also have access to the Active&Fit Direct network – more than 12,200 gyms and over 9,700 on-demand videos. The ChooseHealthy program is not available at this time to Medicaid members. For more information, log on to kp.org/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.

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

Mental health apps

Find digital personalized programs at kp.org/selfcareapps*

- *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health.
- *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more.
- *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.

Eating healthy can be easy and delicious.
Get recipes from Kaiser Permanente
dietitians, nurses, and doctors and eat
wholesome food for a healthier life.

kp.org/recipes



kp.org/healthengagement

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

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

