

# Managing Diabetes

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources

### Diabetes Basics

You can feel better and be active and healthy when you apply the basics of managing your Type 2 diabetes. In this class, we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing your stress. *Available in Spanish, Cantonese, and Filipino.*

### Healthy Eating with Diabetes

Feel better and eat better with diabetes. In this class, you'll get tips on planning meals, counting carbohydrates, and reading food labels. Learn new ways to prepare your favorite foods and how to enjoy eating out healthfully. With smart planning and balanced choices, eating well can still taste great. *Available in Spanish.*

### Diabetes Nutrition and Carbohydrate Counting

This advanced class is focused on identifying carbohydrates in the diet and learning to match medication (especially insulin) with meal portions to improve day-to-day blood sugar readings. Learn how to use nutrition labels, apps, and other resources. To register, call **925-779-4371**.

### Individual Appointment with a Clinical Health Educator

During this appointment, the Health Educator will help support and motivate you in reaching your diabetes related health goals and proper use of your glucose meter. To schedule your appointment, call **1-866-248-0721**.

## My Doctor Online Shortcuts to better health

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

- Email your doctor
- Schedule routine & lab appointments
- View most lab results
- Check preventive health screening

[kpdoc.org/videovisits](https://kpdoc.org/videovisits) – prepare for and join a video visit with your doctor

[kpdoc.org/mobile](https://kpdoc.org/mobile) – get health reminders and information on the go with the My Doctor Online App

[kp.org/diablo](https://kp.org/diablo) – Kaiser Permanente's Diablo Service Area website

[kpdoc.org/diabetes](https://kpdoc.org/diabetes) – personalized information for your diabetes care *(available in Spanish)*

[kpdoc.org/prediabetes](https://kpdoc.org/prediabetes) – tools to help you manage your prediabetes

[kpdoc.org/healthyweight](https://kpdoc.org/healthyweight) – comprehensive healthier weight programs and resources

[kpdoc.org/stress](https://kpdoc.org/stress) – tools and resources to help manage stress

[kp.org/selfcare](https://kp.org/selfcare) – self-care tools, tips, and activities

[kp.org/heart](https://kp.org/heart) – heart healthy resources

[kp.org/medications](https://kp.org/medications) – drug encyclopedia

[kpdoc.org/espanol](https://kpdoc.org/espanol) – resources in Spanish

[safeneedledisposal.org](https://safeneedledisposal.org) – safe needle/sharps disposal

### KP Online Store



Purchase health products recommended by your provider  
Visit [kponlinestore.com](https://kponlinestore.com) or call 925-556-4297

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

 **Lifestyle Medicine**

The Lifestyle Medicine Department offers classes focused on a whole food plant-based lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections as the primary treatment and reversal of chronic diseases. To learn more, call **925-779-5444**.

 **Prediabetes and You**

Do you or your child have prediabetes? Learn how to prevent or delay type 2 diabetes in this 1-session class. (Ages 16+ to attend, 16-17 must be accompanied by an adult.) *Available in Spanish.*

 **Wellness Coaching by Phone**

Ready to lose weight, eat healthier, lower stress, sleep better, move more, or quit smoking? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes. Schedule your appointment online at [kp.org/mydoctor/wellnesscoaching](http://kp.org/mydoctor/wellnesscoaching) or call **1-866-251-4514**. *Available in Spanish.*

 **Healthy Weight 1**

Lose weight, develop healthy habits, and gain confidence. This 6-session program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older).

 **Healthy Weight 2**

For participants who have completed Healthy Weight 1. Build on your successes, overcome challenges, and practice new behaviors for weight loss and maintenance during this 9-session program. (Ages 18 and older).

 **Pathways to Emotional Wellness**

Daily life can bring many stressors and affect your wellness. In this 1-session class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and the symptoms of depression. We'll also provide an overview of available resources. *Available in Spanish.*

 **Managing Your Stress**

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. In this multi session series, you'll learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. *Available in Spanish.*

## **Health Education Centers**

### **1-866-248-0721**

Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.

#### **Antioch Medical Center**

4501 Sand Creek Road  
Deer Valley Building  
Antioch, CA 94531

#### **Dublin Medical Offices and Cancer Center**

3100 Dublin Boulevard  
Dublin, CA 94568

#### **Martinez Medical Offices**

200 Muir Road  
Ensenada Building  
Martinez, CA 94553

#### **Park Shadelands Medical Offices**

320 Lennon Lane  
Yosemite Building  
Walnut Creek, CA 94598

#### **Pleasanton Medical Offices**

7601 Stoneridge Drive  
South Building  
Pleasanton, CA 94588

#### **San Ramon Medical Offices**

2300 Camino Ramon  
San Ramon, CA 94583

#### **Walnut Creek Medical Center**

1425 South Main Street  
Walnut Creek, CA 94596

**Call the Health Education Center at 1-866-248-0721 for class schedules, registration, and fees, if applicable.**

***To protect our members and community, class offerings are subject to change based upon local guidelines and policies.***