

# Nutrition and Weight

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



## Classes and Resources

### **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).

### **Individual Appointment with a Clinical Health Educator**

During this appointment, the Health Educator will help support and motivate you in reaching your healthy weight goals. To schedule your appointment, call **1-866-248-0721**

### **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](https://kp.org/mydoctor/wellnesscoaching) or call **1-866-251-4514**. Available in Spanish.

## 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 screenings

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

[kp.org/recipes](https://kp.org/recipes) – healthy recipe ideas

[kp.org/farmersmarket](https://kp.org/farmersmarket) – find a farmers’ market near you

[kp.org/healthylifestyles](https://kp.org/healthylifestyles) – personalized online programs to help you create an action plan to reach your health goals

[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/memberdiscounts](https://kp.org/memberdiscounts) – exercise & fitness deals. Select “Health & Wellness”

- ClassPass (virtual workouts)
- Active&Fit Direct (gym discounts)
- ChooseHealthy (reduced rates on fitness, health and wellness products)

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

### **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**.



### **Medical Weight Management Program\* (Orientation Session)**

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The long-term program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a no cost, one-hour information session to find out more. (Ages 18 and older). *Open to the community.* Visit [kphealthyweight.com/orientations](http://kphealthyweight.com/orientations) or call **925-295-7795** for orientation dates and times.

\*Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.



### **Weight Loss Surgery**

Visit Kaiser Permanente Northern California Bariatric Surgery website at [bariatric-northerncalifornia.kp.org](http://bariatric-northerncalifornia.kp.org) for information on:

- Weight loss surgeries performed at Kaiser Permanente
- What to expect before and after surgery
- Details on our bariatric surgeons and surgery sites



### **“Prepare for Your Procedure – Emmi” programs**

Understand what will happen before, during and after a medical procedure with these interactive programs (approximately 30 minutes).

- Visit: [kpdoc.org/emmi](http://kpdoc.org/emmi)
- Select: Interactive Programs
- Select (under Weight Loss Surgery):  
**Gastric Bypass, Laparoscopic Sleeve Gastrectomy**

## **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.**