

Active and Healthy Seniors

KAISER PERMANENTE • DIABLO SERVICE AREA • HEALTH EDUCATION DEPARTMENT



Classes and Resources

Life Care Planning (Advance Directive)

Life care planning begins with choosing someone to speak on your behalf if you were ever unable to communicate for yourself. Kaiser offers one-on-one appointments with a Health Educator to assist in completion of the Advance Health Care Directive. To schedule, please call **1-866-248-0721**. Submit your completed and signed Advance Health Care Directive on kp.org. For more information, visit kp.org/lifecareplan

Physical Therapy Programs

A variety of physical therapy programs are available for a range of conditions including back, neck, and shoulder issues; temporomandibular joint disorder (TMJ); fall prevention; knee arthritis; sprains, strains, and patella femoral syndrome; lymphedema; and chronic venous insufficiency. *By referral only.*

Bladder Control

Learn about common causes of urinary incontinence and pelvic organ prolapse as well as exercises, body mechanics, self-care, products, medications, and treatment options. *Members only.* Visit kp.org/watch to watch *Bladder Control: Tips for Women*. To register, call **925-813-6420**.

Memory Center

The Memory Center is a multi-disciplinary program designed to provide a comprehensive assessment of memory problems and needed resources. We understand how memory loss can affect your life and the lives of loved ones. Visit kp.org/diablo/memorycenter for information and resources. *By referral only.*

My Doctor Online Shortcuts to better health

kp.org/mydoctor

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

kp.org/covid – latest COVID-19 updates

kpdoc.org/videovisits – prepare for and join a video visit with your doctor

kpdoc.org/mobile – get health reminders and information on the go with the My Doctor Online App

kp.org/diablo – Kaiser Permanente's Diablo Service Area website

kpdoc.org/seniors – healthy living information and tips for older adults

kp.org/healthyaging – learn to live longer, healthier, & more independently

kpdoc.org/preventfractures – preventing fractures & falls in older adults

kpdoc.org/emmi – prepare for a procedure with these interactive programs

kpdoc.org/prediabetes – information and resources on prediabetes

kp.org/heart – heart healthy resources

kp.org/fitness – tips to stay active

kp.org/mindbody – information on mind-body and emotional wellness

kp.org/selfcare – self-care tools, tips, and activities

kp.org/nutrition – tips for healthy eating

kp.org/medications – drug encyclopedia

kpdoc.org/espanol – resources in Spanish

KP Online Store



Purchase health products recommended by your provider
Visit 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.

Silver & Fit® Fitness Program

As a Senior Advantage member (exclusions apply), you are eligible for a complementary membership at selected fitness facilities.

Visit silverandfit.com or call **1-877-427-4788** for more information.

For eligibility verification, call Kaiser Permanente Member Services at **1-877-221-8221**.

Comfort Keepers®

Comfort Keepers provides in-home care for seniors and other adults in need of assistance with daily activities. Highly trained caregivers travel to clients' home to provide care services and living assistance. As a Kaiser Permanente member, you have access to non-medical, in-home care services at a special discounted price.

Note: This service is not a Medicare or Kaiser Permanente benefit.

Visit comfortkeepers.com or call **1-888-789-9555**

Mom's Meals™ NourishCare

Mom's Meals provides fresh-made, nutritious, home delivered meals that are ready to heat, eat and enjoy. Menu options support those who have specific nutritional needs.

Visit momsmealsnc.com or call **1-888-860-9424**

LifeStation® Medical Alert Monitoring

Medical alert system that provides 24-hour monitoring for seniors living home alone. Special offer for Kaiser Permanente members.

Visit lifestationadvantage.com or call **1-855-212-6236**

Bereavement Services

When you are struggling to cope with the loss of a loved one, you can get support, information, and referral services through our hospice program. Bereavement groups and educational sessions are available virtually throughout the year and are open to the community.

Call **925-229-7817** for more information.

Additional Kaiser Permanente Services:

- Hospice Program: Visit kp.org/hospice/ncal or call **925-229-7800** for more information.
- Clinical social workers are available by referral to discuss aging issues such as dementia, in-home care, and counseling, and to provide information on a variety of community resources.
- Volunteering opportunities:
Antioch, Delta Fair, Livermore, and Martinez, call **925-813-6367**.
Dublin, Park Shadelands, Pleasanton, San Ramon, and Walnut Creek, call **925-295-5487**.

High Blood Pressure One-on-One Appointment:

Schedule a video visit or phone appointment with a Health Educator to discuss hypertension management, nutrition guidelines, and blood pressure monitoring assistance.

To schedule your appointment, call **1-866-248-0721**

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

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