



Diabetes Programs

Contact Health Education for our diabetes programs:

No class fee. Members only.

Registration: Call the Health Education Department.

Fremont: 510-248-3455

San Leandro: 510-454-4531

Union City: 510-675-4531

Your Health Online Shortcuts to better health at kp.org

kpdoc.org/verioflex - How to use Home Blood Glucose Meters

onetouch.com/products/glucose-meters/onetouch-verio-flex - One Touch Verio Flex Website

KP Health Ally - Starting Remote Glucose Monitoring

kp.org/mydoctor/prediabetes
Tools to help you manage prediabetes

kp.org/mydoctor/diabetes
Access online programs and videos

kp.org/mydoctor/wellnesscoaching
Start Prevention Now

Para Español Llame y Pregunte por clases de Diabetes

Visítenos en:

kp.org/espanol

kpdoc.org/diabetes
Haga clic en la palabra "Español"

ONLINE CLASSES - NO FEE:

Prediabetes

Learn how to help prevent or delay the onset of diabetes by eating healthy foods, minding portion size, and exercising. One (2-hour class). *Available in Spanish.*

Diabetes Basics

Explore the five key areas of type 2 diabetes management: healthy eating, exercise, understanding your blood sugar levels, proper use of medication, and managing stress. One (2.5 hour class). *Available in Spanish - "Lo Básico".*

Glucose Meter Review

Learn the proper way to monitor your glucose at home. *Available in Spanish online class "Lo Básico" and as one-on, Telephone or Video Visit appointment with a Clinical Health Educator.*

Diabetes Nutrition

In this advanced class, get tips on planning meals, counting carbs, and reading food labels. One (2 hour class). *Ask for interpreter if needed.*

Healthy Eating with Diabetes

Learn new skills for making smart food choices, keeping your blood sugar levels within range, and finding balance to manage diabetes. One (2 hour class).

Managing Diabetes for the Filipino Lifestyle

This class is taught in English and Tagalog with consideration for the Filipino Lifestyle. Explore key areas of type 2 diabetes management. One (2 hour class).

Diabetes Basics in Cantonese

This is centered on Chinese culture and foods. It is taught in Cantonese. One (3 hour) session.

Health Education and Promotion Department

Champions for Healthy Living
Fremont, San Leandro, Union City

Register on kp.org for the following Kaiser Permanente services

- E-mail your doctor
- View most lab results
- Find classes and support groups
- Refill your prescriptions
- Schedule, cancel, and view appointments
- Act for a family member

Visit the following kp.org websites for quick and easy access to health programs

- kp.org/mydoctor
- kp.org/womenshealth
- kp.org/mydoctor/healthyhabits
- kp.org/exercise
- kpdoc.org/sleepwell
- kpdoc.org/whatisstress

Spanish

- kp.org/espanol
- kp.org/vidasana
- kpdoc.org/sleepwellespanol
- kpdoc.org/whatisstressespanol

Healthy Living Classes & Resources*

Available Online at

thrive.kaiserpermanente.org/care-near-you/northern-california/gsaa/health-resources/

Locations

All our centers are open Monday to Friday, 9 a.m. to 5 p.m.

Fremont Healthy Living Center

39400 Paseo Padre Parkway, Niles Building, 1st Floor, **510-248-3455**

San Leandro Healthy Living Center

2500 Merced Street, Medical Office Building, 1st Floor, **510-454-4531**

Union City Healthy Living Center

3553 Whipple Road, Building B, 1st Floor, **510-675-4531**

*Program fees listed are subject to change and may depend on your health coverage. Please refer to your current Evidence of coverage (EOC) to confirm the services covered under your plan.

Inspire people. Inform choices. Improve health.