

# Heart Health Programs



## Your Health Online Shortcuts to better health

[kp.org/heart](http://kp.org/heart) - look here first for heart-related online resources and tools

[kp.org/health](http://kp.org/health) - health encyclopedia

[kp.org/healthdecisions](http://kp.org/healthdecisions) - learn about health care decision options

[kp.org/healthyliving](http://kp.org/healthyliving) - tools to help you live well:

- Health assessment tools
- Overcome stress
- Manage chronic conditions

[kp.org/listen](http://kp.org/listen) - relax and listen to guided imagery podcasts

[kp.org/mydoctor](http://kp.org/mydoctor) -

- Select and communicate with your doctor
- Prepare for your procedure by watching an Emmi program
- View labs, refill medications

[kp.org/quitsmoking](http://kp.org/quitsmoking) - quitting smoking is one of the best things you can do for heart health

[kp.org/watch](http://kp.org/watch) - view health videos online:

- Managing adult asthma
- COPD
- Your guide to hypertension

[kp.org/espanol](http://kp.org/espanol) - content in Spanish

## Classes

### Living Heart Healthy

This class is designed to teach members to lower their risk for heart attack and stroke through heart-healthy lifestyle changes, including healthy eating and taking blood pressure at home.

**Fee:** *Members only; no fee*

### Living Better with Heart Failure: The Basics

Did you know heart failure is a manageable condition? Join us and discover how you can feel better through healthy eating, activity, medications, checking your weight daily, and much more. Caregivers or loved ones are encouraged to attend with you.

**Fee:** *Members only; no fee*

*See reverse side for additional resources and to enroll in any of these classes.*

\* Program fees listed are subjected 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.

# Health Education Department

*Champions for Healthy Living*  
Fremont, San Leandro, Union City

**Register on [kp.org](http://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](http://kp.org) websites for quick and easy access to health programs**

- [kp.org/mydoctor](http://kp.org/mydoctor)
- [kp.org/womenshealth](http://kp.org/womenshealth)
- [kp.org/menshealth](http://kp.org/menshealth)
- [kp.org/children](http://kp.org/children)
- [kp.org/classes](http://kp.org/classes)
- [kp.org/fitness](http://kp.org/fitness)

## Spanish

- [kp.org/espanol](http://kp.org/espanol)
- [kp.org/vidasana](http://kp.org/vidasana)

## Healthy Living Classes & Resources\*

### Available Online at

[kp.org/fremont/healtheducation](http://kp.org/fremont/healtheducation) or [kp.org/hayward/healtheducation](http://kp.org/hayward/healtheducation)  
[kp.org/sanleandro/healtheducation](http://kp.org/sanleandro/healtheducation) or [kp.org/unioncity/healtheducation](http://kp.org/unioncity/healtheducation)

**Having Surgery? Go to your physician's homepage on [kp.org/mydoctor](http://kp.org/mydoctor)**  
Click on "Prepare for Your Procedure - Emmi" to learn more about your surgery

## 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**

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