



HEALTH EDUCATION at a glance

DIABETES, HIGH CHOLESTEROL, AND HIGH BLOOD PRESSURE EDUCATION

Fairfield: 707.427.4466 • Napa: 707.258.4490 • Vacaville: 707.624.2225 • Vallejo: 707.651.2692
kp.org/napasolano/healthed • twitter.com/kphealthed • askahealtheducator@kp.org

Programs	Description	Referral Needed?	Locations	Cost
Get Healthy, Take Control	If you have been diagnosed with prediabetes, high cholesterol, and/or high blood pressure, join this class to learn about healthier lifestyle habits.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Diabetes Basics	Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar level, proper use of medications, and managing stress. Please bring your blood glucose meter to class.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Diabetes Nutrition	Get tips on planning meals, counting carbohydrates, and reading food labels.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Living Well with Diabetes	In this four week series, learn how to make smart food and exercise choices, how to control your blood sugar, while also learning to handle stress and emotions related to diabetes.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Diabetes Support Group	If you are a graduate of Living Well with Diabetes, we recommend this ongoing support group for continued help in managing your condition.	No	Fairfield, Vacaville	Free*
Healthier Living with Ongoing Health Conditions	Living with an ongoing health condition, such as diabetes, high blood pressure or cholesterol? Learn to manage your symptoms, fight fatigue and make daily tasks easier in this six week series.	No	Napa, Valljo	Free*
Managing Your Weight	Introduction to lifestyle changes - eating well, getting regular exercise, and maintain a positive attitude. For more healthy weight options, please see the Healthy Weight at a glance sheet.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Clinical Health Educators	Learn ways to incorporate healthy eating, physical activity and stress management by speaking with a Clinical Health Educator in-person.	No	Fairfield, Napa, Vacaville, Vallejo	Free*

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



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Dietitian Appointment	Individual appointment with a Registered Dietitian.	Yes	Fairfield, Napa, Vacaville, Vallejo	Copay*
Yoga for Emotional Health	A combination of breathing practices, gentle yoga postures, and guided visualizations. This class is suitable for individuals with physical limitations and chronic conditions.	No	Vacaville, Vallejo	\$35/6 weeks*
Qi Gong	A series of movements designed to promote healthy circulation. Qi gong can be modified for persons with physical limitations.	No	Vallejo	\$35/4 weeks*
Wellness Coach	Learn ways to incorporate healthy eating, physical activity and stress management by speaking with a Clinical Health Educator in-person.	No	Phone	Free*
KP Preventative Care App	Receive personalized health reminders and information for you and your family members. See details of upcoming appointments, email your doctor and much more.	No	Google Play, iTunes	Free
Insulin for Diabetes Video	Videos showing how to use insulin. Go to your physician's homepage at kp.org/mydoctor , under the "Tools and Classes" tab, click "videos."	No	Online	Free
Videos for High Blood Pressure	Learn how to reduce your risks with healthy lifestyle changes and medications. Go to kp.org/watch , click "videos."	No	Online	Free
Care for Diabetes Program	Simple lifestyle changes and in-depth education can mean improved A1c levels and better health. kp.org/carefordiabetes	No	Online	Free
Twitter	Follow us on Twitter. twitter.com/kphealthed	No	Online	Free

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