

# HEALTH EDUCATION at a glance

# KIDS AND TEENS

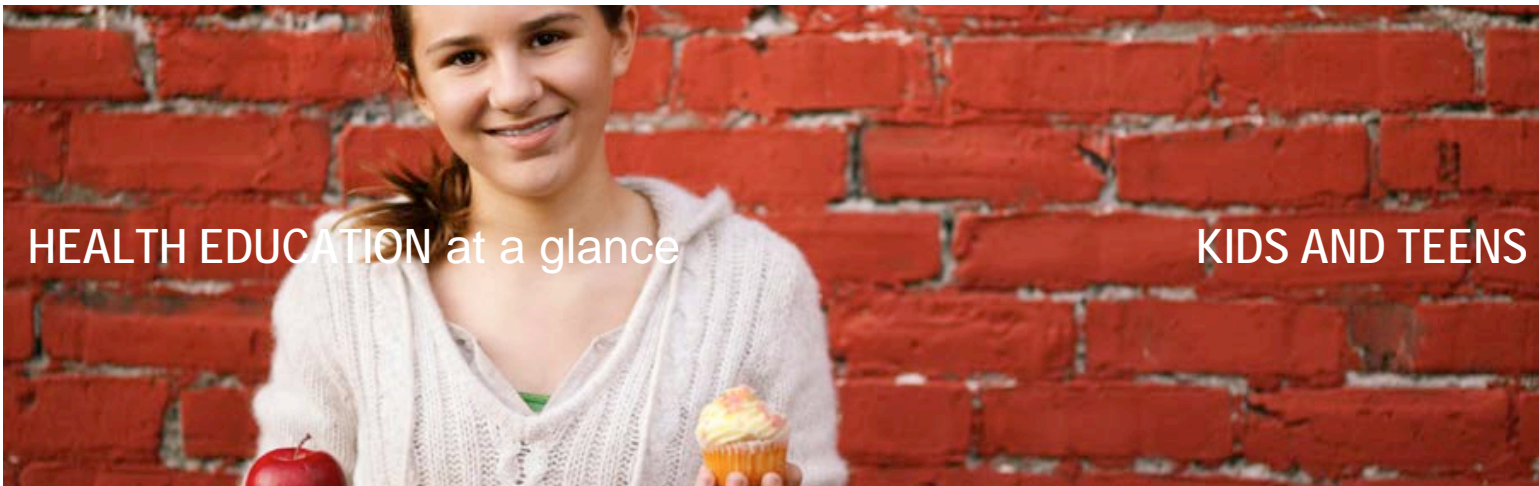
Fairfield: 707.427.4466 • Napa: 707.258.4490 • Vacaville: 707.624.2225 • Vallejo: 707.651.2692  
[kp.org/napasolano/healthed](http://kp.org/napasolano/healthed) • [twitter.com/kphealthed](https://twitter.com/kphealthed) • [askahealtheducator@kp.org](mailto:askahealtheducator@kp.org)

Programs	Description	Referral Needed	Location	Cost
Feeding Your Young Child <i>Ages 2-5</i>	This overview class teaches about nutrition and feeding basics for toddlers or preschoolers including amounts of food and how to deal with challenges.	No	Vallejo	Free*
Healthy Eating, Active Living for Kids & Families <i>Ages 6-11</i>	This class helps kids and parents learn to eat a variety of healthy foods, and increase energy and fitness.	No	Vacaville, Vallejo, Napa	Free*
Healthy Eating, Active Living for Teens & Families <i>Ages 12-16</i>	This class helps teens and parents learn to eat a variety of healthy foods, and increase energy and fitness.	No	Napa, Vacaville, Vallejo, Fairfield	Free*
Managing Your Weight <i>Ages 17+</i>	Introduction to lifestyle change, healthy eating, physical activity.	No	Fairfield, Napa, Vacaville, Vallejo	Free*
Clinical Health Educators	1-on-1 appointment appropriate for older teens and/or parents interested in lifestyle change guidance.	No	Fairfield, Napa, Vacaville, Vallejo	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

\*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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Programs	Description	Referral Needed?	Locations	Cost
Online Newsletters for Parents	Timely health information for parents broken into life stages: babies, kids and teens. Go to your pediatrician’s homepage at <a href="http://kp.org/mydoctor">kp.org/mydoctor</a> under “tools and classes” click “newsletters.”	No	Online	Free
Act for a Family Member	View your child’s health history and get immunization records for school. <a href="http://kp.org/actforfamily">kp.org/actforfamily</a>	No	Online	Free
Kids: Your Guide to Care	Convenient online tools and other services to keep your kids healthy. Find information on child development, common illnesses, and positive parenting. <a href="http://kp.org/children">kp.org/children</a>	No	Online	Free
Kid Wisdom	Find online interactive resources for parents and kids, as well as the Snacktown Smackdown video game. <a href="http://kp.org/kidwisdom">kp.org/kidwisdom</a>	No	Online	Free
The Amazing Food Detective	Play our healthy eating online video game. <a href="http://kp.org/amazingfooddetective">kp.org/amazingfooddetective</a>	No	Online	Free
What Families can do Together	Healthy living resources to get the whole family involved! Learn more about nutrition, physical activity and setting family health goals. <a href="http://kp.org/childhoodobesity">kp.org/childhoodobesity</a>	No	Online	Free
Health Videos	Video selections include managing your child’s asthma, parenting a child with ADHD and baby care. Go to any provider’s homepage on <a href="http://kp.org/mydoctor">kp.org/mydoctor</a> under the “Tools and Classes” tab, click “videos.”, or go to <a href="http://kp.org/watch">kp.org/watch</a> .	No	Online	Free
Twitter	Follow us on Twitter. <a href="https://twitter.com/kphealthed">twitter.com/kphealthed</a>	No	Online	Free

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