Let’s Start Something.

Reach your personal health goals with Health Education

- Losing weight
- Quitting tobacco
- Preventing & Managing diabetes
- Preparing for childbirth
- Breastfeeding
- Caring for newborn baby
- Parenting
- Managing stress, anxiety, depression
- Improving your sleep
- Lifecare Planning
- Medical Weight Management
- KP.ORG activation
- Personal Health Coaching

Create a personal action plan with a health educator or coach – over the phone or in person.

Find tools, videos, group classes, and information to support your health online.

Ready to make some changes? Let’s get started.

Call us at 415-833-3450, weekdays from 9:00 a.m. - 12:30 p.m. and 1:30 p.m. - 5:00 p.m., or email at sfhealthed@kp.org.

Visit us online at kp.org/sanfrancisco/healthed

Our Healthy Living Stores & Outpatient Nutrition Clinics are located at Kaiser Permanente San Francisco Medical Center, 2241 Geary Blvd., 1st Floor, San Francisco, CA 94115 and Mission Bay Medical Offices, 1600 Owens St., 1st floor, CA 94158.