



Health and Wellness Online Resources

Explore our wellness resources for help and guidance on how to live a healthier life.

<https://healthy.kaiserpermanente.org/health-wellness>

Prenatal Health Education Online Resources

Congratulations, you're having a baby! You're at the beginning of an incredible journey. Your birth experience will be one of the most memorable moments of your Life. You're bound to have lots of questions, and we have answers, articles, videos, checklists, and recourses to guide you through every stage. Visit our Health and Wellness Maternity site

<https://healthy.kaiserpermanente.org/health-wellness/maternity> where you will find answers to your questions. Below are additional resources categorized by topic.

Healthy Pregnancy

Having a healthy pregnancy is your first step to having a healthy baby. Lots of changes, challenges, and milestones will happen along the way – and we'll be with you at every

step. Click here to review Healthy Pregnancy resources
<https://healthy.kaiserpermanente.org/health-wellness/maternity/healthy>

Watch Your Pregnancy: The First Trimester video Click here for English

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=894034>

Click here for Spanish

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=894037>

Newborn Care

From bringing your baby home to sleep and taking care of yourself. Dr. Bojorquez walks you through taking care of your newborn. Watch our Newborn Care Video.

Click here for English

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=935218>

Click here for Spanish

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=934947>

Newborn Care Resources, Click Here

<https://mydoctor.kaiserpermanente.org/ncal/search/?search=newborn%20care&origin=%23&category=&page=0&facetLanguage=English¤tTab=topicTab>

Breastfeeding

Breastfeeding is a learned skill for you and your baby after childbirth. Find topic and answers to common questions by watching our Breastfeeding Video.

Click here for English

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=563643>

Click here for Spanish

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=1312214>

How to view this video: Sign on to your Kaiser Permanente account. For temporary access, enter your first name, last name, medical record number and email.

Website One - Click Here

<https://mydoctor.kaiserpermanente.org/ncal/search/?search=breastfeeding&origin=%23&category=&page=0&facetLanguage=English¤tTab=topicTab>

Website Two - Click Here

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanfrancisco/departments/newborn-care-center/breastfeeding-resources/>

Preparing for Childbirth

What to expect during labor and delivery? Watch our Preparing for Childbirth Video. Click here for English

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=151881>

Click here for Spanish

<https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=1312721>

Explains common interventions such as medication to induce labor and pain medication such as epidural. How to view this video: Sign on to your Kaiser Permanente account. For temporary access, enter your first name, last name, medical record number and email.

Preparing for Childbirth Recourse, Click Here

<https://mydoctor.kaiserpermanente.org/ncal/search/?search=Childbirth&origin=%23&category=&page=0&facetLanguage=English¤tTab=topicTab>

Late Pregnancy

Late Pregnancy Resources, Click Here

<https://mydoctor.kaiserpermanente.org/ncal/search/?search=Late%20pregnancy&origin=%23&category=&page=0&facetLanguage=English¤tTab=topicTab>

Coping with Labor the Natural Way

Coping with labor the Natural Way Resources – Click Here

<https://mydoctor.kaiserpermanente.org/ncal/search/?search=coping%20with%20labor%20the%20natural%20way&origin=%23&category=&page=0&facetLanguage=English¤tTab=topicTab>

Hospital Tour

Check out our Labor & Delivery Centers – Click Here

<https://mydoctor.kaiserpermanente.org/ncal/pregnancy/#/>

If you plan to delivery at San Francisco Kaiser Permanente and you think you are in labor, call us at (415) 833-2515.

Pregnancy Newsletters

Subscribe to our Pregnancy Newsletters; What’s new each week? Weekly emails and get everything you need to know about your pregnancy.

How does your body change? How big is your baby today? Subscribe to weekly emails to get everything you need to know about your pregnancy – Click Here

<https://mydoctor.kaiserpermanente.org/ncal/pregnancy/#/>

Prenatal Care in Chinese

Prenatal Resources, Click Here

<https://mydoctor.kaiserpermanente.org/ncal/search/?search=Late%20pregnancy&origin=%23&category=&page=0&facetLanguage=English¤tTab=topicTab>

Behavioral Health Education Online Resources

Explore our broad range of self-care resources — including apps, audio activities, articles, and more — designed to help you thrive in mind, body, and spirit. If you struggle with stress, depression, anxiety, or other mental or emotional issues that interfere with your daily life, we are here to help.

Behavioral Wellness

★ **myStrength app (available to members)** - <https://healthy.kaiserpermanente.org/northern-california/health-wellness/mental-health/tools-resources/digital>

★ **Calm app (free to members)** - www.kp.org/selfcareapps

kp.org/healthyliving - <https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources>

kp.org/selfcare - Explore our broad range of self-care resources — including apps, audio activities, articles, and more — designed to help you thrive in mind, body, and spirit.

https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources?kp_shortcut_referrer=kp.org/selfcare

To learn about the mind body connection, how your thoughts can affect your health and tools to help visit: **kp.org/mindbody** https://healthy.kaiserpermanente.org/health-wellness/mental-health.html?kp_shortcut_referrer=kp.org/mindbody

kp.org/depression – tools to deal with depression - https://healthy.kaiserpermanente.org/health-wellness/depression-care?kp_shortcut_referrer=kp.org/depression

kp.org/healthylifestyles – personalized assessments and action plans for total health https://healthy.kaiserpermanente.org/health-wellness/healthy-lifestyle-programs/?kp_shortcut_referrer=kp.org/healthylifestyles

kp.org/listen – listen to and download health podcasts on stress, relaxation, sleep, pain, anger, forgiveness, panic and anxiety, grief, headaches, preparing for surgery and more. https://healthy.kaiserpermanente.org/health-wellness/podcasts?kp_shortcut_referrer=kp.org/listen

Domestic Violence Online Resources

- Kaiser Permanente Domestic Violence program <https://healthy.kaiserpermanente.org/northern-california/health-wellness/health-encyclopedia/he.domestic-violence.te7721>
- National Domestic Violence Hotline 1-800-799-SAFE (7233) – also has a chat feature for those unable to speak aloud www.thehotline.org
- W.O.M.A.N Inc. 415-864-4722 www.womaninc.org
- National Child Abuse Hotline 1-800-422-4453 www.childhelp.org
- National Center for Elder Abuse 1-855-500-ELDR (3537) www.ncea.acl.gov
- For emergencies call/text 911 – new text option for those unable to speak aloud

Weight Management Online Resource

Click here for [weight management](#) Classes.

Diabetes Education Online Resources

Diabetes Basic

www.Kp.org/mydoctor/diabetes

- Article: Understanding Low Blood Sugar
 - https://mydoctor.kaiserpermanente.org/ncal/article/?article_id=893187
- Article: Understanding Low Blood Sugar (Spanish)
 - https://mydoctor.kaiserpermanente.org/ncal/article/?article_id=893189
- Video: How to Test Your Blood Sugar
 - <https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=920032>
- Video: How to Test Your Blood Sugar (Spanish)
 - <https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=920035>
- Video: How to Create a Healthy Plate
 - <https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=915187>
- Video: How to Create a Healthy Plate (Spanish)
 - <https://mydoctor.kaiserpermanente.org/ncal/healthtools/#/?id=915192>

Pre-Diabetes – Visit [prediabetes](#) webpage for online classes &

Kp.org/mydoctor/prediabetes:

<https://mydoctor.kaiserpermanente.org/ncal/prediabetes/#/?language=en>

Life Care Planning- kp.org/lifecareplan

https://healthy.kaiserpermanente.org/health-wellness/life-care-plan?kp_shortcut_referrer=kp.org/lifecareplan

Pediatric Education Online Resource

Toilet Training - https://mydoctor.kaiserpermanente.org/ncal/structured-content/#/Health_Topic_Toilet_Training.xml

For Individualized Telephone Wellness Coaching Call 1-866-251-4515

Tobacco Cessation, Weight Management, Physical Activity, Insomnia and Stress