



Chronic Conditions & Nutrition Online Classes 2022

Kaiser Permanente San Francisco
Health Education Department
(415) 833-3450 SFHealthed@kp.org

kp.org/sanfrancisco/healthed

Pre-registration is required. For class schedules and registration, call (415) 833-3450 or email sfhealthed@kp.org.
Unless specified, all classes are a covered benefit for Kaiser Permanente members only.

Pre-Diabetes and You Class

Learn to reduce your risk of diabetes. In this online class you will review lifestyle habits, healthy eating, exercise and make a plan to control pre-diabetes.

Offered: Dates vary. Please call or email to register.

Diabetes Basics Class

You can feel better and be active and healthy when you apply the basics of managing your Type 2 diabetes. In this online class, we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing your stress.

Usted podrá sentirse mejor, más activo y saludable, al aprender a utilizar las 5 áreas del manejo de la diabetes tipo 2: alimentación saludable, ejercicio, monitoreo de sus niveles de azúcar en la sangre, uso adecuado de los medicamentos y manejo de estrés.

English Class: 2nd Thursday of each month, 3-5pm;
3rd Tuesday of each month, 10am-12pm, 4th Wednesday of each month, 5-7pm.

Cantonese Class: 3rd Wednesday of odd months, 2-5pm and 3rd Thursday of even months, 9am-12pm.

Spanish Class: 2nd Monday of odd months, 5:30-7:30pm and 2nd Wednesday of even months, 9:30-11:30am.

Filipino Class: 2nd Thursday of even months, 3:30-5:30pm

Diabetes Healthy Eating Class

Feel better and eat better with diabetes. In this online class, get tips on preparing meals, counting carbs, and reading food labels. Find ways to prepare favorite foods and eat out healthfully. With smart planning, eating well can taste great.

Offered: Dates vary. Please call/email to register.

Glucometer Teach Class

In this online class, you'll learn how to set up your glucometer, check your blood sugars, and safely discard your lancets. Pick up your glucometer and sharps container at the pharmacy in advance.

English Class: 2nd Thursday every month, 9:30-10:30am and 4th Monday every month, 5:30-6:30pm.

Cantonese Class: 3rd Monday every month. Alternates between 9:30-10:30am and 3:30-4:30pm.

Diabetes Nutrition Class

Attend this online diabetes nutrition class to understand how your diet and lifestyle choices, can affect your blood sugar. The registered dietitian will help you learn timing of meals, carbohydrate counting, label reading, the importance of fiber and exercise. With smart planning, balanced choices, and exercise, you can help optimize your health!

Offered: 2nd Wednesday of each month, 4:30-6:30pm; 3rd Saturday of each month, 9:30-11:30am; 4th Tuesday of each month, 9:30-11:30am.

Advance Carb Counting for Type 1 or Multi-Dose Insulin Class

The online class is for type 1 and type 2 diabetes patients who are on multiple daily injections. This class helps you to understand how units of insulin are determined based upon carbohydrate intake and blood sugar level. The registered dietitian will help you learn about the insulin to carbohydrate ratio and the correction factor and how to use those. The class will also review carb counting and food label reading.

By Doctor Referral Only. Members only. No fee.

Offered: 2nd Tuesday of each month, 2-4pm



Online Healthy Living Classes 2022

Kaiser Permanente San Francisco
Health Education Department
(415) 833-3450 SFHealthed@kp.org

kp.org/sanfrancisco/healthed

Pre-registration is required. For class schedules and registration, call (415) 833-3450 or email sfhealthed@kp.org.
Unless specified, all classes are a covered benefit for Kaiser Permanente members only.

Cholesterol Class

In this online class, you will learn what cholesterol is, how to reduce your risk from coronary heart disease which leads to heart attacks, and how to improve your overall health. We will teach you how to lower your bad cholesterol (LDL), increase your good cholesterol (HDL), and control your triglycerides level. We will include learning the different types of fats, how to read food labels, and how to use exercise and medications to help manage your cholesterol level.

Offered: 2nd Friday of each month, 9:30-11:30am

Irritable Bowel Syndrome Class

In this online class, specialists in medicine, nutrition, and behavioral medicine explain what IBS is and how to manage it so you can start feeling better. **By Doctor Referral Only.**

Offered: 4th Monday of each months, 4-5:30pm

Healthy Kidney Class

This online class provides information on how your kidneys work, how to keep them healthy, and how to manage kidney disease. You'll also learn about nutrition and lifestyle changes for better health. Taught by a renal nurse and a registered dietitian.

By Doctor Referral Only. Members only. No class fee.

Offered: 2nd Wednesday of even months, 2-4pm; 4th Tuesday of odd months, 2-4pm

Thrive Beyond Cancer: Nutrition Class

This online class is designed for those who have completed active treatment. Topics include AICR 10 Recommendations, sugar, soy, and dairy, antioxidants and phytochemicals, plant-based diet, and more.

Offered: 1st Tuesday of each month, 4-5pm

Additional Healthy Living Classes

Bone Health Class

Join us to learn the early signs of osteoporosis, risk factors, prevention and treatment strategies, and how nutrition and exercise can help strengthen your bones. This online class is taught by a Physical Therapist and Registered Dietitian.

Offered: 4th Wednesday of odd months, 9-10:30am

For more info and to pre-register: Call 650-301-4445 or 650-742-2439 in Daly City.

All About Memory Class

Join us in this online class to learn about the aging brain and normal age related changes that affect memory. We will review the impact medications and other health conditions have on memory loss and learn lifestyle practices to keep your memory sharp. We will also cover the 10 warning signs of dementia.

Offered: 3rd Thursday of even months, 2-3:30pm

Life Care Planning Class

Who'll represent your health care wishes if you're unable to speak for yourself? In this online class, learn the role of a health care agent, and how to complete an Advance Health Care Directive form and make it legally valid. If you already have a health care agent we recommend they register for the class too. Other family members are also welcome. For more info and to download a copy of your form, visit kp.org/lifecareplan.

English Class: 3rd Thursdays odd months, 2-3:30pm

Cantonese Class: 2nd Friday odd months, 10-12pm.

Tagalog Class: Please call or email for schedule.



Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under you plan, or call Kaiser Permanente Member Services for additional information.