A HEALTHY YOU
San Jose Medical Center • Gilroy Medical Offices
Para información en español, vea la página 29.
Visit kp.org/healthyliving/nca to find classes, podcasts, and more.
THE DOCTOR IS IN

My Doctor Online keeps you connected to your physicians anytime, anywhere.

My Doctor Online makes it easy for you to choose the right doctors for you and your family, and keep in touch between visits. From your doctor’s home page at kp.org/mydoctor, you can:

1. Get to know your personal physician and specialists by reading about their backgrounds, education, awards, publications, and special interests.
2. Email your doctor, view most lab results, schedule a routine appointment, refill most prescriptions, or get directions to your doctor's office.
3. Check which immunizations and preventive screenings you or your family members may need to stay healthy.
4. Learn about health topics like diabetes, Parkinson's disease, or seasonal allergies by reading evidence-based articles that your doctor recommends.
5. Find relief using interactive online tools to help you manage headaches, knee pain, cold and flu, and more.

Visit and bookmark your doctor's home page at kp.org/mydoctor.

To access certain features, registration is required. If not registered on kp.org, click on the feature to get started.

At Kaiser Permanente, we believe good health is everything. That's why we’re dedicated to helping you feel and be your best every day. The Healthy Living classes and programs in this catalog can help you become a more active partner in managing, maintaining, and improving your health. We offer on-site workshops and support groups, personalized coaching by phone, as well as online programs, tools, and information—all designed to help you move more, stress less, eat better, and be healthy at every stage of life. Take advantage of these resources and start working toward your personal wellness goals.

If life is what you make it, why not make it healthy?

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**Welcome to Health Education**

Our goal is to give people the inspiration, tools, and information they need to make healthy choices at every stage of life. San Jose’s Healthy Living Center is an interactive learning space designed to help you navigate all our available health resources. Our trained staff can help you register for classes, find valuable health information, learn about online tools, and get access to counseling as needed. Please call or visit our Center to learn more (see page 8 for location information). Se habla español y tenemos información en su idioma.

**About Our Classes and Fees**

Class dates and times are posted on [kp.org/sanjose](http://kp.org/sanjose) under “Health Resources.” Preregistration is recommended as classes fill quickly. Class dates, times, and locations are subject to change. Classes are open to all Kaiser Permanente members, and many classes are open to the community. For more information and to register, call the number listed under the class description.

**Fees**

Many classes are offered at no fee to Kaiser Permanente members. Program fees are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage to confirm the services covered by your plan or call Member Services at 1-800-464-4000. Kaiser Permanente employees receive a discount on all classes.

**Cancellations and Refunds**

Refunds will be given for cancellation requests made at least 48 hours prior to the class start date.

For additional information concerning registration, contact the Healthy Living Center at 408-972-3340.

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### Gilroy Class Listings

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Health Education Staff

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Behavioral Health Education Program Manager

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Adriana Delgadillo, MPH  
Health Educator (habla español)

Michele Caldas  
Health Promotion Coordinator

Raelene Jiminez  
Health Education Assistant

Selby Allen  
Associate Staff Assistant

Locations of Services

Health Education and Healthy Living programs and services are provided at the following locations. For more information, visit kp.org/sanjose/healthed.

Healthy Living Center  
Building One North  
260 International Circle  
Mon–Fri, 9 a.m.–5 p.m.  
408-972-3340

Technology Learning Center  
Family Health Center Building  
276 International Circle  
Mon–Fri, 10 a.m.–4 p.m.  
408-972-3340

Mind-Body Health Center  
5755 Cottle Road, Building 3  
Mon–Thurs, 3:30–7:30 p.m.  
408-972-3340
SAN JOSE CLASS LISTINGS

Chemical Dependency and Drug Education

Addictive Disease
In this series, we’ll discuss origins of addictions and dependencies, medical effects and other consequences of drug and alcohol use, family and relationship dynamics surrounding chemical dependency, and a practical approach to treatment of addiction.

Sessions: 12 sessions; Thursday, 5–6 p.m.
Registration: Call 408-972-3366 or register in MOB 3 Room 370.

Codependency
This class focuses on understanding codependency issues, their origins, and their connection to dysfunctional relationships.

Sessions: Six sessions; Thursday, 6–7 p.m.
Registration: Call 408-972-3366.

Preventive health reminders
Are you due for a mammogram, Pap test, colorectal screening, or flu shot? You’ll find out what you’re due for and how to schedule an appointment with your personalized, online Preventive Health Reminders summary. Look for this feature on your doctor’s home page at kp.org/mydoctor.

Managing Ongoing Conditions

Managing Your Back Pain
This online program helps you reduce back pain and return to your normal activities. It includes short videos that demonstrate posture tips and strengthening exercises to help you manage your pain now, get better faster, and reduce the risk of pain returning in the future. Find this feature at kpdoc.org/backpainprogram.

Caregiver Group
This is a group for those caring for family members with medical conditions. Learn coping skills and discuss experiences surrounding long-term care. This group is not intended for caregivers of patients with Alzheimer’s disease cognitive issues.

Sessions: Tuesday, 9–10:30 a.m.
Registration: Department of Psychiatry screening required. Call 408-972-3095.

Headache Overview
This class provides information and management strategies for adults living with chronic headaches. Topics include headache types, triggers, medications, self-management techniques, and resources. Participants will meet individually with a neurologist to set up a headache management plan.

Sessions: Call for schedule
Registration: Practitioner referral required. Call 408-972-6700 for information.

Managing Your Headaches
Learn about headache types and triggers, and discover ways to help manage and prevent them with this no cost online program. Find this feature on your doctor’s home page or at kpdoc.org/headachesprogram.

Multiple Sclerosis Support Group
If you or a loved one has multiple sclerosis, come to this group for education and support.

Sessions: Call for schedule
Information: Call the National Multiple Sclerosis Society at 408-988-7557 or visit nationalmssociety.org.

Understanding Chronic Pain
Chronic pain is a medical condition that can affect all aspects of your life. In this class, we discuss medical options, as well as a variety of self-care strategies that can help you manage your pain and improve your quality of life.

Sessions: One session; Thursday, 9:30 a.m.–noon
Registration: Practitioner referral required. Call 408-972-3364 for information.

Portable Electronic Medical Record
With a Portable Electronic Medical Record (PEMR) flash drive, any physician with a computer can review a summary of key portions of your recent medical history—including your allergies, office visits, lab results, and X-rays. The device is $5 and updates are no charge. To get a PEMR flash drive, go to the Medical Secretaries Department or Member Services Department at the facility nearest you.

Pain Management Program
The goal of this program is to help you learn skills and strategies for long-term chronic pain management that can optimize your health and quality of life. Our team of physicians, nurses, psychologists, and physical therapists can help you increase mobility, improve your range of motion, and improve body mechanics. Prerequisite: Understanding Chronic Pain Overview.

Sessions: Dates and times vary
Registration: Practitioner referral required. Call 408-972-3364 for information.

Taking Care of Your Kidneys Video
Learn about kidney disease and how to keep your kidneys as healthy as possible. Find this video through returning in the future. Find this feature on your doctor’s home page at kp.org/mydoctor.

RELATED CLASSES
• Mindfulness-Based Stress Reduction, page 21
• Mind-Body Health: Stress Management Series, page 21

For class listings and online resources, visit kp.org/healthyliving/nca.
Diabetes Management

Blood Sugar Self-Monitoring
Learn how to use your glucose meter to check blood sugar levels at home. Please bring your glucose meter to class. Taught by a health educator.

Sessions: One session; Tuesday, 4–4:45 p.m.
Registration: Call 408-972-3340.

Diabetes Basics
Feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. Please bring your blood glucose meter to class.

Sessions: One 2-hour session
Registration: Call 408-972-3340.

Heart Smart/PHASE: Prevent Heart Attacks and Strokes Every Day
See page 16.

Insulin for Diabetes
Video Series
Studies have shown that early use of insulin can produce better long-term results and blood sugar control for people with diabetes. This video series will teach you how to prepare and inject insulin and understand why insulin is one of the best tools available to manage your blood sugar. Find this video at kpdoc.org/insulinvideos.

Living Well with Diabetes
Take your diabetes self-management to the next level. Come learn new skills for making smart food and exercise choices that can help keep your blood sugar levels within range, while also learning to handle the stress and emotions related to diabetes. Prerequisite: Heart Smart/PHASE: Prevent Heart Attacks and Strokes Every Day. Available in Spanish.

Sessions: Four 2-hour sessions
Registration: Call 408-972-3340.

RELATED CLASS
• Mind-Body Health: Stress
Management Series, page 21

Physical and Occupational Therapy Classes
The following classes are taught by a licensed physical or occupational therapist. Each class provides up-to-date information as well as tips and techniques for reducing pain and increasing quality of life.

Information: Call 408-972-6400.

Carpal Tunnel Syndrome
This class is for members with a diagnosis of carpal tunnel syndrome. Join an occupational therapist, neurologist, and physician’s assistant to learn more about your condition and its management. This class includes education, nerve conduction testing, and appropriate interventions.

Sessions: One 2-hour session.

Knee
This clinic is designed for those with nonoperative knee conditions such as knee osteoarthritis, sprain/strain, and patellofemoral syndrome. Learn how, with a regular exercise program, you can improve the strength and flexibility of your knee joint, to improve your overall function and allow you to participate in recreational activities.

Sessions: One 1.5-hour session

Temporalmandibular Joint
This class is for people with temporomandibular joint dysfunction (TMJ). Learn about activity modification, safety precautions, self-treatment, including massage, and movement patterning and exercise for both strengthening and stretching.

Sessions: One 1.5-hour session

Group Clinics
The following group clinics require practitioner referral and individual assessment. Most groups are 4 to 8 sessions and are taught by a licensed physical or occupational therapist.

Information: Call 408-972-6400.

Balance Group
This group is for adults who want to increase strength and flexibility in order to reduce their risk of falling. Prerequisite: Balance class.

Neck Management Group
For members with diagnosed neck (cervical) dysfunctions, including sprain/strain, radiculopathy, and osteoarthritis. Learn self-care skills for managing your neck pain and site-specific exercises to improve your spinal movability, muscle length, and strength.

Postoperative Knee Clinics
We offer multiple postoperative knee clinics for surgeries such as total knee replacement, meniscal removal or repair, chondroplasty, microfracture, and anterior cruciate reconstruction. These clinics are designed specifically to address issues that come up during recovery after surgery. They include a personal assessment, stretching, strengthening, walking, and other functional training.

Shoulder Management Group
This clinic is designed for those with nonoperative shoulder conditions such as impingement, osteoarthritis, tendonitis, and bursitis. Learn how, with a regular exercise program, you can improve the motion and strength in your shoulders and overall function. Each clinic session involves hands-on intervention as indicated.

Spine Management Group Visit
For patients with a spinal diagnosis, this group provides information about back care and self-care skills for managing back pain. A personal spine assessment is included as part of the class.
General Health and Wellness

Advance Health Care Directives and Life Care Planning
An advance health care directive allows you to share your values, your choices, and your instructions about your future health care. We encourage all members ages 18 and over to complete an advance health care directive.
Information: Call 408-972-3340.

Alzheimer’s Caregiver Support Group
This group is for those caring for loved ones in all stages of Alzheimer’s disease and other dementias. Learn how to cope with stress and get support from others in the same situation.
Sessions: Second Monday of each month, 5–7 p.m.
Registration: Call 408-362-3691 or 1-800-272-3690.

Alzheimer’s, Memory Loss, and Dementia Overview
In this class, learn about memory loss and dementia, illness progression, available treatments, strategies for maintaining brain health, and available resources. Open to members and their families.
Sessions: First Monday of each month; 10:30 a.m.–noon
Registration: Call 408-362-3691.

Alzheimers Association
2290 North First St., Suite 101
San Jose, CA 95131
www.alz.org/norcal
Chinese speaking resources:

Gentle Flow Yoga
Increase your stamina, build vitality, and restore body harmony as you stretch and tone muscles. This class is good for beginners as well as experienced yoga practitioners. Wear comfortable clothes and bring a yoga mat.
Sessions: Eight sessions; Monday, 6–7:30 p.m., Wednesday, 6–7:30 p.m.
Registration: Call 408-972-3340.

Online Health Coach: Let’s Get Physical
Become more physically active and find the motivation and tools needed to make lasting health changes. You’ll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

HIV Testing
HIV and other STD testing can be arranged by your personal physician. Walk-in HIV testing is also available at any Kaiser Permanente San Jose/Gilroy laboratory.
Information: Ask your doctor to order an HIV test or for more information.

Heart Health
Living Better with Heart Failure
Heart failure can be managed. Join us and discover how you can feel better each day through self-management, exercise, and healthy eating.
Sessions: One 2-hour session
Registration: Call 408-972-6535.

Heart Failure Behavioral Group
This group is appropriate for those who have already attended the Living Better with Heart Failure class and need additional help. We will continue to explore self-management of heart failure for an improved quality of life. Practitioner referral required.
Sessions: Call for schedule
Registration: Call 408-972-6535.

Heart Smart/PHASE:
Prevent Heart Attacks and Strokes Every Day
Learn how to prevent heart attacks and strokes every day by living healthfully and managing your medications. This class is for anyone who has high blood pressure, high cholesterol, prediabetes, diabetes, coronary artery disease, or chronic kidney disease, or has had a stroke or TIA (transient ischemic attack). Also available in Gilroy (see page 30). Available in Spanish.
Sessions: One 2-hour session
Registration: Call 408-972-3340.

Mental and Behavioral Health
Managing Anger Series
When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. Note: This series does not satisfy the court-ordered treatment required for domestic violence. Only one member per household per series.
Sessions: Six 2-hour sessions
Required Textbook: When Anger Hurts: Quieting the Storm Within by Matthew McKay, PhD. Purchase online prior to class, or loaners available in class.
Registration: Call 408-972-3340.

Understanding Anxiety Series
In this series, you’ll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We’ll help you explore your thoughts and learn to approach instead of avoid what you fear. You’ll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness.
Suggested prerequisite: Pathways to Emotional Wellness (unless referred by your physician).
Sessions: Six 2-hour sessions
Registration: Call 408-972-3340.

When Anger Hurts: Quieting the Storm Within
Required Textbook: When Anger Hurts: Quieting the Storm Within by Matthew McKay, PhD. Purchase online prior to class, or loaners available in class.
Registration: Call 408-972-3340.

Online Health Coach: Let’s Get Physical
Become more physically active and find the motivation and tools needed to make lasting health changes. You’ll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

HIV Testing
HIV and other STD testing can be arranged by your personal physician. Walk-in HIV testing is also available at any Kaiser Permanente San Jose/Gilroy laboratory.
Information: Ask your doctor to order an HIV test or for more information.

Heart Health
Living Better with Heart Failure
Heart failure can be managed. Join us and discover how you can feel better each day through self-management, exercise, and healthy eating.
Sessions: One 2-hour session
Registration: Call 408-972-6535.

Heart Failure Behavioral Group
This group is appropriate for those who have already attended the Living Better with Heart Failure class and need additional help. We will continue to explore self-management of heart failure for an improved quality of life. Practitioner referral required.
Sessions: Call for schedule
Registration: Call 408-972-6535.

Heart Smart/PHASE:
Prevent Heart Attacks and Strokes Every Day
Learn how to prevent heart attacks and strokes every day by living healthfully and managing your medications. This class is for anyone who has high blood pressure, high cholesterol, prediabetes, diabetes, coronary artery disease, or chronic kidney disease, or has had a stroke or TIA (transient ischemic attack). Also available in Gilroy (see page 30). Available in Spanish.
Sessions: One 2-hour session
Registration: Call 408-972-3340.
Assertiveness and Self-Esteem Skills
Learn assertiveness skills, increase your self-esteem, and improve communication. Find out how to set limits, handle criticism, set boundaries, and resolve conflicts.

Sessions: Six 2.5-hour sessions
Required Textbook: Your Perfect Right: Assertiveness and Equality in Your Life and Relationships by Robert Alberti, PhD, and Michael Emmons, PhD. Purchase prior to class, or loaners available in class.
Registration: Call 408-972-3340.

Bereavement resources in the community
Contact each agency for specific information and fees.
• Kaiser Permanente South Bay Hospice 408-342-6643
• Hospice of the Valley 408-559-5600
• Pathways Hospice 408-730-5900
• Gentiva Hospice 408-626-4868 or 1-888-755-7655 (toll free)
• Heartland Hospice 408-450-7850
• Center for Living with Dying 408-553-6950
• KARA (Palo Alto) 650-321-5272
• Compassionate Friends 408-241-1090
• Hospice Caring Project Santa Cruz 831-430-3000

Couples Communication Series
The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other’s perspective. This series is for committed couples; both individuals are expected to attend all sessions.

Sessions: Six 2-hour sessions
Recommended Reading: The Seven Principles for Making Marriage Work by John M. Gottman
Registration: Call 408-972-3340.

Managing Depression Series
Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You’ll also learn techniques to relax and approach your life with mindfulness.
Prerequisite: Pathways to Emotional Wellness (unless you are referred by your practitioner).
Sessions: Six 2-hour sessions
Registration: Call 408-972-3340.

Peripartum Emotional Health Support Series
See page 25.

Health Journeys
Guided Imagery Programs
Guided imagery is a type of relaxation exercise designed to engage your mind, body, and spirit. These podcasts, available at kpdoc.org/podcasts, can help you ease pain, relieve stress, get healthful sleep, and prepare for surgery.
With My Health Manager on kp.org, you can take charge of your health securely online – 24 hours a day, 7 days a week. Registering is one of the most important things you can do as a member.

**It’s as easy as 1-2-3**

In five minutes you’ll get 24/7 access to our online tools for managing your health.

1. Have your medical record number handy.
2. From your computer, go to kp.org/registernow.
3. Enter some basic information and answer a few security questions.

For questions or help with registering, call 1-800-556-7677.

**Manage your health anytime, anywhere**

Once you’re registered, you can start using My Health Manager to stay on top of the care you receive at any of our facilities in the region. You can also use My Health Manager to act on behalf of a family member.

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“I may be a doctor, but I still need support to lose weight.”

—Christopher Covin, MD
Kaiser Permanente Chief of Primary Care
kept off 77 lbs for over a year

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“TRANSFORM your habits, your health, your life”

Lose an average of 40 pounds in 4 months—and learn to keep it off—with our Medical Weight Management program. Sign up for a no cost orientation session at kphealthyweight.com/weightorientations.

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1 Patient’s weight recorded at week 76. Individual results may vary. Average weight loss is 48 lbs in 30 weeks. Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under Health Plan. If you are a Health Plan member, please check your Evidence of Coverage.
For class listings and online resources, visit kp.org/healthyliving/nca.

Online Health Coach: Stress Less
Learn to relax and find the motivation and tools needed to make lasting health changes. You’ll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

Improving Your Sleep Series
Want to fall asleep quicker, sleep sounder, and awaken feeling more refreshed? Improve the quantity and the quality of your sleep. Learn how nighttime habits and thinking patterns affect your sleep, and how to change both. This class does not address medical conditions that interfere with sleep.

Sessions: Five 2-hour sessions
Registration: Call 408-972-3340.

Mind-Body Health: Stress Management Series
Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. Also available in Gilroy (see page 31).

Available in Spanish.

Sessions: Six 2-hour sessions
Registration: Call 408-972-3340.

Mindfulness-Based Stress Reduction
Through the practice of mindfulness meditation, including relaxation techniques, breathing, and gentle stretching, you will learn skills to improve your ability to cope with symptoms brought on by stress and stress-related illness.

Sessions: One 2.5-hour orientation, eight 2.5-hour sessions, and one 6-hour Saturday retreat; orientation offered monthly; series offered twice a year
Registration: Call 408-972-3340.

Pathways to Emotional Wellness
Please join us to explore mild to moderate symptoms of depression, anxiety, and stress. This introductory class with provide you with a basic understanding of causes, treatment options, self-care techniques, resources, and next steps. You’ll also learn about follow up care options to help manage your symptoms.

Available in Spanish.

Sessions: One 2.5-hour session
Registration: Call 408-972-3340.

A little advance planning now can go a long way to ensure your values and wishes regarding health care are known in case you’re ever unable to communicate for yourself.

Start your planning online, or sign up for a class at your local medical center. Look in this catalog for details about classes in your area.

Visit kp.org/lifecareplan to learn more.
Member photo ID
You can now have your photo included in your secure electronic medical record. This allows your doctor and other care providers to become more familiar with you before and during your visit.* Ask about getting your photo ID at your next visit.

*You cannot use this photo as a second form of ID when checking in for appointments.

**Understanding Mental Health: An Overview for Families and Caregivers**
This class provides a brief overview of mental illness, mental health, and resources available in the community to support families and caregivers. This is an opportunity to ask questions and get support. Guest speakers from the National Alliance on Mental Illness (NAMI) will make presentations.

**Sessions:** One 2-hour session; monthly
**Registration:** Call 408-972-3340.

**RELATED CLASSES**
- Peripartum Emotional Health Support Series, page 25

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**Parenting and Children’s Health**

**ADHD Overview for Parents**
If your child has been diagnosed with ADHD (attention deficit hyperactivity disorder) or if you have questions about it, this series of classes can help provide support and answers. Sessions can be taken in any order. No children, please. Available in Spanish.

**Orientation:** 2.5 hour session
**Session 1:** Understanding ADHD: History, Definitions, Medications, Q&A; one 2-hour session; first Monday of every month
**Session 2:** Home Management Skills: Problems and Positive Behavior Change; one 2-hour session; second Monday of the month (Jan., Mar., May, Jul., Nov)
**Session 3:** Helping Your Child Succeed: School Management Skills; second Monday of the month (Feb., Apr., Jun., Aug., Oct., Dec.); 6–8 p.m.

**Registration:** Call 408-972-3340.

**Happy First Birthday**
Celebrate this important milestone by joining this special class. You’ll learn about nutrition, temperament, growth and development, limit setting, and sleep recommendations for 1-year-olds, as well as other resources for families.

**Sessions:** One 45-minute session.
**Registration:** Call 408-362-3792 or ask your pediatrician for a referral.

**Healthy Eating, Active Living for Kids and Families**
Healthy habits begin at home. We’ll cover basic nutrition principles and suggest ways to increase energy and fitness with activities the whole family can enjoy. Parents and their children and teens age 6 to 17 can learn together how to create a healthy lifestyle. Available in Spanish.

**Sessions:** First Tuesday of every month, 4–5:30 p.m.
**Registration:** Call 408-972-6861 or ask your pediatrician for a referral.

**KP Kids: Weight Management Program for Kids and Families**
This complete health promotion program for children 6 to 12 and their families provides techniques for families to better nourish themselves, stay active, and enjoy quality time together. Each month offers a different hands-on learning experience with topics related to nutrition, lifestyle, and physical activity.

**Sessions:** Five sessions; third Wednesday of each month
**Registration:** Call 408-362-3792.

**Parenting resources**
Bill Wilson Center
3490 The Alameda
Santa Clara, CA 95050
408-243-0222
billwilsoncenter.org

Children and Adults with ADHD (CHADD)
chadd.org

Parents Helping Parents
408-727-5775
php.com

**Online Newsletters for Parents**
New parent? Raising a child or teenager? Get trusted information from Kaiser Permanente doctors delivered right to your inbox. Sign up for one or more of our newsletters, customized to your child’s age and stage at kpdoc.org/parentnewsletters.

**Teen Clinic**
Health care services for members 13 to 17 include physical examinations, immunizations, and treatment of minor illnesses. The clinic also provides counseling for personal and family problems, alcohol and drug issues, birth control, and pregnancy.

**Location:** 1st Floor, Family Health Center, Unit D
**Sessions:** Monday through Friday, 3:30–5:30 p.m.
**Registration:** Call 408-362-3792.

**Understanding Your Child’s Asthma Video**
Learn skills to manage your child’s asthma and help prevent flare-ups at home. Find this video through your doctor’s home page at kp.org/mydoctor.

**Young Adults Online**
Connect to relevant health information and resources, customize an interactive program to help you meet your health goals, and stay in touch with your doctor, all through kpdoc.org/youngadulthealth.
Pregnancy to Newborn: Healthy Beginnings

Early registration is recommended for all childbirth classes. Space is limited and not guaranteed.

Early Pregnancy
This class can help you understand and prepare for the physical and emotional changes you can expect in the first three months of your pregnancy. We’ll discuss common discomforts and remedies, prenatal screening tests, and fetal development. We’ll also offer tips for eating well, staying active, and keeping yourself and your baby healthy. Take this class early in your first trimester. Partners are welcome, but no children, please. Also available in Gilroy (see page 33). Available in Spanish.

Sessions: One 2.5-hour session
Registration: Register at Ob-Gyn reception or call 408-972-6715.

Introduction to Pediatrics/ Newborn Care (First 2 Weeks)
Attend this class during or after your 34th week of pregnancy. You’ll learn about our Pediatrics Department, what to expect in the hospital in regards to newborn care, and how to care for your newborn at home during the first 2 weeks of his or her life.

Sessions: One 2-hour session
Registration: Register at Ob-Gyn reception or call 408-972-6715.

Breastfeeding
Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. Take this class at 32–36 weeks of pregnancy. Partners are welcome. Available in Spanish.

Sessions: One 2.5-hour session
Registration: Call 408-972-6715.

Mid-Pregnancy
During the middle stage of pregnancy, expect even more dramatic changes to your body. In this class, we’ll help you understand these changes and discuss ways you can relieve the common discomforts of pregnancy. Also, learn how to help keep your energy level high by eating well and exercising. Partners are welcome, but no children, please. Take this class when you are 18 to 22 weeks pregnant.

Sessions: One 1-hour session
Registration: Call 408-972-6715.

Late Pregnancy
This class is designed to help you and your partner get ready for labor and delivery. You’ll learn how to recognize the early signs of labor and when to call your doctor. We’ll discuss what you can expect in the hospital, your options for pain management, and how to care for yourself after the baby is born. This class doesn’t take the place of Preparing for Childbirth Express, but is not necessary if taking the Preparing for Childbirth Express class. Partners are welcome, but no children, please. Take this class when you are 28 to 34 weeks pregnant.

Sessions: One 2-hour session
Registration: Call 408-972-6715.

Peripartum Emotional Health Support Series
In this ongoing series, learn coping skills, positive self-talk, and relaxation methods for handling stress and depression related to pregnancy. Get support and share feelings with others. Infants welcome, but no child care is available for additional children.

Sessions: Ongoing; second and fourth Wednesday of each month, 2–3:30 p.m.
Information: Call 408-972-3095.

Meet the Midwives
This class is an opportunity to learn about certified nurse-midwives and their role in pregnancy, labor, and birthing at San Jose Medical Center. A short presentation will be followed by time for questions and answers.

Sessions: Offered every other month, 6–7:30 p.m.
Registration: Call 408-972-6715.

Preparation for Childbirth Express
In this single-session class, we’ll teach you breathing and relaxation techniques to use during labor and delivery. We’ll discuss pain management options, the role of your coach, hospital procedures, and what to expect before, during, and after delivery. We encourage you to take this class at 36 weeks of your pregnancy. Early registration is suggested. Partners are welcome.

Sessions: One session; 8:30 a.m.–3:30 p.m.
Registration: Register at Ob-Gyn reception or call 408-972-6715.

Health Talks online
Get inspiration and advice on topics that are important to you, available on demand from your desktop, tablet, or mobile device by visiting kp.org/healthtalks.
Sleep Health

Improving Your Sleep Series
This series is designed to improve both the quantity and the quality of your sleep. Learn how sleeping behaviors and thinking patterns affect your sleep, and how to change both for a good night’s rest. This class does not address medical conditions that interfere with sleep.

Sessions: Five 2-hour sessions
Registration: Call 408-972-3340.

Sleep Apnea Overview
This class, taught by a respiratory therapist or a sleep technologist, covers the causes of snoring and sleep apnea, side effects, and treatment options.

Sessions: One 2-hour session
Registration: Practitioner referral required.

Smoking Cessation

Quit Tobacco Workshop
Get a better understanding of nicotine addiction and learn about the resources available to help you quit. This workshop will help you find tools to develop your own plan to quit using tobacco.

Sessions: One session; 6–8 p.m.
Registration: Call 408-972-3340.

Wellness Coaching by Phone
Talk with a wellness coach over the phone. Your coach can help you develop a smoking-cessation plan and discuss a variety of programs and resources available to you. Call 1-866-251-4514 to make an appointment. Available in Spanish.

Quit Tobacco Medications
Need help quitting smoking or tobacco? Quitting cold turkey can be tough. Visit kpdoc.org/tobaccomedications to learn about medications that can help you feel better and cope with withdrawal symptoms.

Weight Management

Body Composition Analysis
Most health experts agree that body composition is a much better indicator of your health and fitness than your weight. Recommended for those beginning a weight management program. Also available in Gilroy (see page 34).

Location: Drop in at One North Healthy Living Center
Information: Call 408-972-3340.

Healthy Joints–Healthy Weight
This class is for patients who are considering joint replacement surgery but who need to lower their body weight prior to surgical intervention. We’ll discuss available weight management programs and options, pain relief, and how to stay fit with gentle, safe movements and stretches.

Sessions: One 2-hour session
Registration: Call 408-972-3340.

Healthy Weight Series
Discover the confidence and skills you need to reach and maintain a healthy weight. Topics include healthy eating for weight loss, making physical activity a part of your daily life, building a strong support network, and coping with stress.

Sessions: 8 weekly 2-hour sessions
Registration: Call 408-972-3340.

Healthy Weight Online Series
Learn how to achieve a healthy weight with this six-week online version of our Healthy Weight Series. Join this interactive class from the comfort of home. You will need a phone and a computer with Internet access to participate.

Sessions: Six 2-hour sessions
Registration: Call 1-866-251-4515.

Wellness Coaching by Phone
Your personal coach can help develop a healthy weight plan, discuss resources, and provide personalized support to help you reach your goals. Call 1-866-251-4514 to make an appointment.

Farmers market
Feast your senses—and boost your health—with fresh produce from our San Jose Medical Center farmers market. The market is located between Building One North and Building Two North and is open every Friday from 10 a.m. to 2 p.m.

In the Kitchen with Carole
In this audio series, Carole Bartolotto, a registered dietitian at Kaiser Permanente, will guide you through your kitchen to identify unhealthy foods and healthier alternatives. Find this podcast at kpdoc.org/podcasts.

Medical Weight Management Program (Orientation Session)
If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The long-term program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a no cost, one-hour information session to find out more.

Sessions: 82 weeks
(minimum 30-week program)
Registration: For more information or to register, call 1-866-454-3480 or go to khealthyweight.com/weightorientations.

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your Evidence of Coverage for specific covered health plan benefit information.
Managing Your Weight
Do you want to lose weight but don’t know where to start? This workshop will help you determine the best way to achieve your weight loss goals based on your unique needs and preferences. We will help you develop a personalized action plan that includes resources to help you every step of the way. Available in Spanish.

**Sessions:** One 2-hour class  
**Registration:** Call 408-972-3340.

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**Online Health Coach: S.M.A.R.T. Eating**
Improve your eating habits and find the motivation and tools needed to make lasting health changes. You’ll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

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**Weight Loss Surgery Introductory Seminar**
For anyone interested in a referral for weight loss surgery, this class introduces the surgery process and emphasizes the changes you must make before and after your procedure. It will help you determine if you are ready to make a major lifestyle change. This is the first step for referral for bariatric surgery consultation.

**Sessions:** One 2-hour session  
**Registration:** Call 408-972-3340.

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**RELATED CLASSES**
- Stress management classes, page 21

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**Women’s Health**

**Breast Cancer and Your Family History**
Have you or a relative been diagnosed with breast cancer? In this class, we’ll discuss current information regarding the genetics of breast cancer, including the pros and cons of genetic testing for hereditary breast cancer. This class is also available as an online presentation.

**Location:** 5755 Cottle Road, Building 1, Genetics Conference Room  
**Sessions:** Fourth Friday of every month, 9:30–11 a.m.  
**Registration:** Call 408-972-3300.

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**Incontinence Workshop**
This class is for women experiencing problems with involuntary loss of urine. The class will cover the different types of incontinence, other related disorders, different types of appointments, and how you will be evaluated at Kaiser Permanente. Available in Spanish.

**Sessions:** One 1.5-hour session  
**Information:** Visit Ob-Gyn reception or call 408-972-6715.

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**OFERTAS EN ESPAÑOL**

**Senderos hacia el bienestar emocional**
Si usted o su médico piensa que pudiera estar sufriendo síntomas de estrés, esta clase es para usted: la clave para comprender cómo reducir el estrés. En ella aprenderá qué es el estrés y cómo afecta su cuerpo; la diferencia entre el estrés diario y el estrés que causa la tensión interna; aprenderá a identificar los síntomas de ansiedad y depresión; los tratamientos y herramientas beneficiosos para el control de los síntomas; información sobre clases y recursos dentro de Kaiser Permanente y la comunidad; así como páginas Web y cintas de audio.

**Sesiones:** Una sesión; una vez por mes  
**Inscripción:** Llame al 408-972-3340.

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**Bienestar Emocional**
Maneje el estrés, nutrición saludable, manejar lo depresión y la ansiedad, el dormir, el gozar y la meditación, y finalmente, actividad física. Sesiones: 4 sesiones de 2.5 horas  
**Inscripción:** Llame al 408-972-3340.

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**Evidence of Coverage**
Evidence of infertility services offered by Kaiser Permanente, including education, counseling, testing, and treatment. It also explains some of the ways you can improve your chances of getting pregnant by staying healthy. Note that not all infertility services are covered by your Kaiser Permanente health plan. Find this feature on your doctor’s home page or at kpdoc.org/infertilityprogram.

Many Kaiser Permanente members have coverage for the diagnosis and treatment of infertility, and some members have coverage for in vitro fertilization (IVF) procedures if IVF is listed as a covered benefit in the Evidence of Coverage for their Kaiser Permanente health benefit plan. Otherwise, services described here are provided on a fee-for-service basis, separate from and not covered under your Health Plan benefits. Clinical services are provided by The Permanente Medical Group providers or contractors. The Permanente Medical Group, Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals have a financial interest in the provision of these services. For specific information about your health plan benefits, please see your Evidence of Coverage.

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**Sterilization Options**
An online video is available for couples or individuals seeking permanent sterilization. Learn about sterilization options, and associated risks and benefits. Available in Spanish.

**Information:** Call 408-972-6715.

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**RELATED CLASS**
- Peripartum Emotional Health Support Series, page 25

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**Información sobre la salud en español**
En el sitio kp.org/espanol encontrará información y consejos sobre la salud, todo en español. Si desea aprovechar nuestros programas HealthMedia® en español para los miembros, visite el sitio kp.org/vidasana.
Orientación prenatal
Este curso la ayudará a entender y prepararse para los cambios físicos y emocionales que puede esperar durante los tres primeros meses de su embarazo. Trataremos las molestias más comunes y los remedios para ellas, las pruebas de detección prenatales y el desarrollo del feto. Le ofrecemos consejos para comer bien, permanecer activa, y mantener su salud y la de su bebé. Las parejas están invitadas. Tome este curso en los primeros días del primer trimestre. Por favor no traiga niños. Disponible en Gilroy.

**Sesiones:** Una clase de 2 horas

**Inscripción:** Llame al 408-972-6715.

Básicos sobre la lactancia materna
Los estudios demuestran que dar el pecho ofrece muchos beneficios para su salud y la de su bebé. En este curso aprenderá cómo colocar a su bebé para lactar, cómo saber si su bebé está recibiendo suficiente leche y el pecho ofrece muchos beneficios para su salud y la de su bebé. Trataremos las molestias y los desafíos de la lactancia y maneras de evitar algunas de las molestias y los desafíos de la lactancia materna. Asista a esta clase a las 26 semanas de embarazo o posterior a la fecha. Las parejas están invitadas.

**Sesiones:** Una sesión de 2 horas

**Inscripción:** Llame al 408-972-6715.

Taller de trabajo sobre la incontinencia
Esta clase es para las mujeres que tienen problemas con la salida involuntaria de orina. La clase tratará sobre diferentes tipos de incontinencia, otros trastornos relacionados y los recursos disponibles en Kaiser Permanente.

**Sesiones:** Una sesión de 1.5 horas

**Inscripción:** Llame al mostrador de Obstetricia/ Ginecología o llame al 408-972-6715.

Manejo de Peso
En esta clase usted aprenderá maneras prácticas y efectivas para perder peso y mantenerlo por medio de la nutrición, el ejercicio, y un diario de comidas.

**Sesiones:** Una sesión de 2 horas

**Inscripción:** Llame al 408-972-3340.

**Aprenda a alcanzar sus metas de salud con un entrenador de bienestar**
Ya sea que esté tratando de ser más activo, controlar su peso, dejar de fumar o controlar el estrés, su instructor personal puede ayudarle a crear, y seguir, un plan para alcanzar sus metas. Y lo que es mejor aún, usted ni siquiera tiene que salir de su casa para empezar su trayecto para gozar de buena salud. Usted y su instructor hablan personalmente por teléfono cuando sea conveniente para usted. Dé el primer paso y llame al 1-866-251-4514 (número sin costo), de 6 a. m. a medianoche todos los días, para programar su primer cita.

Prevenga ataques cardíacos y accidentes cardiovasculares todos los días (PHASE: Prevent Heart Attacks and Strokes Every Day)
Aprendan cómo prevenir ataques cardíacos y accidentes cardiovasculares viviendo de una manera sana y controlando sus medicamentos. Esta clase es para personas con diabetes, arteriopatía coronaria o enfermedad renal crónica o ha tenido un accidente cardiovascular o un accidente isquémico transitorio (TIA por sus siglas en inglés). Entre los temas se incluye información básica de PHASE, medicamentos, cómo comer de manera sana, actividades físicas, control del peso y recursos disponibles.

**Sesiones:** Una sesión de 2 horas

**Inscripción:** Llame al 408-972-3340.

La diabetes y su salud
Una vez que haya aprendido los datos básicos sobre el control propio de la diabetes, estará listo para avanzar al siguiente nivel. Aprenderá nuevas formas de tomar buenas decisiones de alimentos y de ejercicio, además de cómo normalizar los niveles de azúcar en la sangre y cómo controlar el estrés y las emociones relacionadas con la diabetes.

**Sesiones:** Tres sesiones de 2 horas cada una

**Inscripción:** Llame al 408-972-3340.

Información general para los padres sobre el trastorno por déficit de atención con hiperactividad (ADHD por sus siglas en inglés)
Si se ha diagnosticado que su hijo tiene ADHD (trastorno por déficit de atención e hiperactividad) o si tiene preguntas al respecto, esta clase puede ayudar ofreciéndole apoyo y respuestas. No se admiten niños.

**Sesiones:** Una sesión de 2.5 horas

**Inscripción:** Llame al 408-972-3340.

Programa Peso Saludable
Este programa fue creado para ayudarle a tener hábitos de vida más saludables, compartir ideas, discutir retos y obtener apoyo de otras personas. Los temas que se cubren son actividad física, nutrición, y manejo de estrés y emociones que pueden llevarle a comer de más.

**Sesiones:** 6 sesiones de 2 horas

**Inscripción:** Llame al 408-972-3340.

Planificación para el Cuidado de la Vida
Las instrucciones médicas por anticipado para el cuidado de salud le permite compartir sus valores, sus deseos y sus instrucciones sobre su cuidado médico en el futuro. Recomendamos a todos nuestros miembros mayores de 18 años completar este documento.

**Sesiones:** Una sesión de 2 horas

**Inscripción:** Llame al 408-972-3340.
Welcome to Health Education

Our goal is to give people the inspiration, tools, and information they need to make healthy choices at every stage of life. Gilroy’s Technology Learning Center is an interactive learning space designed to help you navigate all our available health resources. Our trained staff can help you register for classes, find valuable health information, learn about online tools, and get access to counseling as needed. Please call or visit our Center to learn more (see page 33 for location information). Se habla español y tenemos información en su idioma.

About Our Classes and Fees

Unless otherwise noted, all classes are held at 7520 Arroyo Circle in the Conference Room. Class dates and times are posted on kp.org/gilroy under “Health Resources.” Preregistration is recommended as classes fill quickly. Class dates, times, and locations are subject to change. Classes are open to all Kaiser Permanente members, and many classes are For more information and to register, call the number listed under the class description.

Fees

Many classes are offered at no fee to Kaiser Permanente members. Program fees are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage to confirm the services covered by your plan or call Member Services at 1-800-464-4000. Kaiser Permanente employees receive a discount on all classes.

Cancellations and Refunds

Refunds will be given for cancellation requests made at least 48 hours prior to the class start date.

For additional information concerning registration, contact the Healthy Living Center at 408-848-4690.

Health Education Staff

Van Thai, MD
Chief of Patient Education

Arturo Fernandez, MPH
Health Educator
Hablo español

Chris Souza
Health Education Assistant
Volunteer Service Coordinator

Location of Services

Health Education and Healthy Living programs and services are provided at the following locations. For more information, visit kp.org/gilroy.

Gilroy Medical Offices
7520 Arroyo Circle, Gilroy, CA
Mon–Fri, 9 a.m.–5 p.m.,
closed 12:30–1:30 p.m.
408-848-4690
Diabetes Management

Diabetes Basics
Feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress.

Sessions: One 2.5-hour session
Registration: Call 408-848-4690.

Heart Smart/PHASE: Prevent Heart Attacks and Strokes Every Day
See under Heart Health on this page.

Heart Health

Heart Smart/PHASE: Prevent Heart Attacks and Strokes Everyday
Learn how to prevent heart attacks and strokes every day by living healthfully and managing your medications. This class is for anyone who has diabetes, coronary artery disease, or chronic kidney disease, or has had a stroke or TIA (transient ischemic attack). Topics include the ABCs of PHASE, medications, healthy eating, physical activity, weight management, and resources available. Also available in San Jose (see page 16).

Sessions: One 2-hour session
Registration: Call 408-848-4690.

Support Groups

Bereavement Support Group
This group brings grieving individuals together to give and receive support.

Sessions: First, third, and fifth Monday of each month, 4:30–6 p.m.
Registration: Call the Visiting Nurses Association at 831-758-8243.

Weight Management

Body Composition Analysis
Body fat, not weight, is the better indicator of health and fitness. This quick, painless test will determine your body fat and lean tissue weight. Recommended for those beginning a weight management program.

Location: Drop in at Technology Learning Center
Registration: Call 408-848-4690.

Healthy Weight Online Series
Find a healthy weight with this six-session online version of our Healthy Weight Program. Join from the comfort of home. You will need a phone and a computer with Internet access to participate.

Sessions: Six
Registration: Call 408-848-4690.

Wellness Coaching by Phone
Your personal coach can help develop a healthy weight plan, discuss resources, and provide personalized support to help you reach your goals. Call 1-866-251-4514 to make an appointment.

Managing Your Weight
Do you want to lose weight but don’t know where to start? This workshop will help you determine the best way to achieve your weight loss goals based on your unique needs and preferences. We will help you develop a personalized action plan that includes resources to help you every step of the way.

Sessions: One 2-hour session
Registration: Call 408-848-4690.

Nutrition advice line
For nonurgent nutrition advice, call 408-972-6548. Leave a message that includes your name, medical record number, your telephone number, and your question. Calls are returned within 48 hours, excluding weekends and holidays. For Kaiser Permanente If you have a nonurgent question regarding your child's nutrition, call our Pediatric Nutrition Advice Line at 408-972-6194. Remember to leave your child's name and medical record number in the message.
Su familia. Su salud.
kp.org/mydoctor/español

Creado con la ayuda de nuestros médicos bilingües, conocedores de la cultura latina, La Salud Permanente le da las herramientas, los consejos y la información necesaria para ayudarle a usted y a su familia a vivir bien. Todo en español.

SIGA las vidas de familias como la de usted a través de nuestras motivadoras fotonovelas, que le muestran situaciones auténticas y la forma en que sus personajes enfrentan y superan sus desafíos de salud.

DISFRUTE nuestros videos en los que nuestros médicos bilingües dan respuesta a importantes preguntas de salud.

LEA nuestras breves fotonotas bellamente ilustradas, que le brindan oportuna información de salud, además de consejos para mantener el bienestar tanto suyo como de su familia.

CONÉCTESE con su médico en línea. Vea sus resultados de laboratorio, programe sus citas y resurta sus medicamentos.