



DIABETES MANAGEMENT

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

Health Education	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, insomnia, diabetes care, and stress management.	Health Education 408-851-3800
Nutrition Consultation	Registered Dietitians help you learn healthy food choices to control and improve conditions such as irritable bowel syndrome, food intolerances, diabetes, obesity, high cholesterol, and high blood pressure.	Health Education 408-851-3800 Doctor referral
Telephone Wellness Coach	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish.	1-866-251-4514 https://mydoctor.kaiserpermanente.org/ncal/health-guide/wellness-coaching

ONLINE CLASSES

Prediabetes and You	One session. This class will help you take charge of your health and how to reduce your risk of diabetes and its complications *Ages 16+ can attend (Ages 16-17 must be accompanied by an adult. Parents with children younger than 16 should not bring child to class)	Health Education 408-851-3800 Online register at kp.org/appointments
Diabetes Basics	One session. This class gives an overview of the five key areas of Type 2 Diabetes Management: Healthy Eating, Exercise, Monitoring Blood Sugar Levels, Proper use of Medications, and Managing your Stress. Spanish and Filipino classes also available.	↓
Healthy Eating with Diabetes	One session. In this class, you will get general tips on planning meals, selecting healthy foods, grocery shopping, and dining out. Taught by a Health Educator and Registered Dietitian	
Diabetes Nutrition	One session. This class is a more hands-on approach to nutrition. You will learn meal planning, portion control, label reading, and carbohydrate counting. Taught by a Registered Dietitian.	
Managing Your Stress	Five sessions. Learn about how emotions and thoughts affect health. Learn about stress and stress management	Health Education 408-851-3800

ONLINE RESOURCES

Live Well with Diabetes	Day to day tips and tricks on eating well, exercising, and taking your diabetes medications to keep you feeling healthy and well.	Text "Diabetes" to 45356 or visit kp.org/mydoctor/diabetes
Prediabetes	Learn about prediabetes, plan your next steps, track your progress, connect with others for support, and access resources to take you one step further.	Text "Prediabetes" to 45356 or visit kp.org/mydoctor/prediabetes
Wellness	Take time for self-care. 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/northern-california/health-wellness/mental-health/tools-resources/digital