

# HEART HEALTH

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

### INDIVIDUAL APPOINTMENTS

<b>Health Education</b>	Health Educators provide individual education and counseling for adults. Topics include weight management, healthy eating, exercise, smoking cessation, insomnia, diabetes care and stress management. In person, video, and phone appointments are available.	Health Education <b>408-851-3800</b>
<b>Nutrition Consultation</b>	Registered Dietitians help you learn healthy food choices to control and improve conditions such as irritable bowel syndrome, food allergies, diabetes, obesity, high cholesterol, and high blood pressure. In person, video, and phone appointments are available.	Health Education <b>408-851-3800</b> <b>Doctor referral</b>
<b>Telephone Wellness Coach</b>	Whether you are trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your personal 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	<b>1-866-251-4514</b> <b>kp.org/healthcoach</b>

### IN-PERSON CLASSES

<b>Pathways to Emotional Wellness</b>	One session. In this class, we will help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. You will also explore a variety of other resources to help you feel better and thrive.	Health Education <b>408-851-3800</b>
<b>Living Heart Healthy</b>	One session. In this class, we will help you become familiar with the five key behaviors (quitting tobacco, eating healthy, being active, taking blood pressure at home, and taking medications if needed) that support reducing your risk of heart attack or stroke.	Health Education <b>408-851-3800</b>
<b>South Asian Heart Health</b>	One session. In this class, you will learn how people from India, Pakistan, Sri Lanka, Bangladesh, and Nepal are at greater risk for cardiovascular disease at a younger age. A health care professional will help you identify self-management skills and how to make changes that can help lower your risk and lengthen your life.	Health Education <b>408-851-3800</b>
<b>Prediabetes and You</b>	One Session. This class will help you take charge of your health and learn how to reduce your risk of diabetes and its complications.	Health Education <b>408-851-3800</b> Online registration available at <a href="http://kp.org/appointments">kp.org/appointments</a>
<b>Healthy Weight 1</b>	Six sessions. Lose weight, develop healthy habits, and gain confidence. This in-person program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older) Classes offered at Santa Clara, Milpitas, Mountain View, and Campbell Medical Offices	Health Education <b>408-851-3800</b> Online registration available at <a href="http://kp.org/appointments">kp.org/appointments</a>

### ONLINE RESOURCES

<b>PreDiabetes Online Class</b>	During this 90-minute class, learn about pre-diabetes, diabetes and the health risks of both. Create a personal plan to improve your health.	Health Education <b>408-851-3800</b>
<b>Healthy Weight Webinar</b>	Six sessions. Learn how to achieve a healthy weight with this online version of our Healthy Weight class. Join this interactive class from the comfort of home.	Health Education <b>408-851-3800</b>