

ONCOLOGY PATIENTS AND FAMILIES

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

INDIVIDUAL APPOINTMENTS

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 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.

1-866-251-4514
kp.org/healthcoach

IN-PERSON CLASSES

Survive and Thrive:

▪ Emotional Wellness

Survivor... Now What?: One session. This class examines potential challenges, as well as issues related to identity that might arise as you move forward in survivorship.

Managing Your Stress: Six sessions. The class focuses on increasing stress awareness, fostering self-care skills, relaxation techniques and changing thinking patterns that influence stress.

▪ Healthy Eating

Nutrition Basics: One session. This class covers healthy eating, as well as the powerful benefits of nutritional changes.

Breath of Yoga

Three sessions. A profound breathing technique providing the benefits of yoga without using postures. A powerful energizer to help cleanse deep-rooted stress.

Introduction to Meditation & Relaxation

Two sessions. Learn basic meditation practices. Including body posture and breath awareness, two of the most important aspects of meditation.

Pathways to Emotional Wellness

One session. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. You'll also explore a variety of other resources to help you feel better and thrive.

Understanding Your Anxiety

Six sessions. Overwhelmed by anxious feelings? In this class, learn about causes, symptoms and treatments for anxiety. Find out what you can do to manage your anxiety and fully enjoy your life.

Improving your Sleep

Five sessions. This class is designed to help improve the quantity and quality of your sleep. This class does not apply to problems related to a medical condition, substance abuse or medications.

Health Education
408-851-3800



ONLINE RESOURCES

Relax™

An online HealthMedia® Program with an individually tailored plan for handling stress.

kp.org/healthylifestyle

Stress (guided imagery podcast)

A free podcast for stress relief you can download to an mp3 player or listen to online.

kp.org/listen

Cancer Care Website

This website is dedicated to providing information and tools to offer you and your loved ones comprehensive and compassionate cancer care.

kp.org/santaclara/cancercare

Life Care Planning

Learn more about selecting someone you trust to make your health care decisions on your behalf and completing a written plan about your wishes.

kp.org/lifecareplanning

MOBILE APPLICATIONS

iCope

Inspirational messages. Encouraging words. From the best author to write them...YOU.

Intellicare app

Boost Me

When stressed or low, get more pleasure, accomplishment. Get a boost.

Intellicare app

Slumber Time

Sleep diary tracking how well you are sleeping. Use the bedtime checklist

Intellicare app