



ONCOLOGY PATIENTS AND FAMILIES

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

INDIVIDUAL APPOINTMENTS

Nutrition Consultation

Registered Dietitians provide appointments for members who need help with nutrition issues related to their appetite and weight.

Health Education
408-851-3800
Doctor Referral Required

ONLINE CLASSES

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.

Health Education
408-851-3800

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

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

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

Four 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.



ONLINE RESOURCES

Relax™

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

kp.org/healthylifestyle

Stress

A free guided imagery 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

Intellicare App

Inspirational messages. Encouraging words. Tools to challenge negative thoughts.

Intellicare App

Calm App

The number one app for sleep and meditation – designed to help lower stress, anxiety, and more.

Calm App

My Strength App

Build a personalized plan to strengthen your emotional health whenever, wherever you need to.

My Strength App

Ginger App

Text one-on-one with an emotional support coach anytime anywhere.

Ginger App