



HEART HEALTH

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 allergies, diabetes, obesity, high cholesterol, and high blood pressure.	Health Education 408-851-3800 Doctor referral
Telephone Wellness Coach	Whether you are trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7:30pm and Sat 8:30am-5:00pm. Offered in English and Spanish	1-866-251-4514

ONLINE CLASSES

Emotional Wellness	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 408-851-3800
South Asian Heart Health	One session. People from India, Pakistan, Sri Lanka, Bangladesh, and Nepal are at greater risk for cardiovascular disease at a younger age. We will help you identify self-management skills and how to make changes that can help lower your risk and lengthen your life.	Health Education 408-851-3800
Prediabetes and You	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 408-851-3800 Register at kp.org/appointments
Healthy Weight 1	Six sessions. Lose weight, develop healthy habits, and gain confidence. This program covers the latest weight loss research, plus ways to maintain a healthy weight. (Ages 18 and older)	Health Education 408-851-3800 Register at at kp.org/appointments
Whole Food Plant Based Eating	One session. In this class, you'll learn about the benefits of fueling your body with nutritious and delicious whole plant-based foods and filling your plate with healthy choices.	Health Education 408-851-3800
Cook for Health: Plant-Based Cooking	Physician-led cooking class for those who are interested in implementing a plant-centered way of eating and those who could benefit from lowering chronic disease risk.	Health Education 408-851-3800
Cook for Health: South Asian Cooking	Physician-led cooking class for those who are interested in learning how to cook tasty South Asian recipes in a healthy, plant-based way.	Health Education 408-851-3800

ONLINE RESOURCES

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.	kp.org/selfcareapps
Fitness Deals	Stay active and fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes — available for Kaiser Permanente members	kp.org.fitdeals/ncal
How to Take Blood Pressure at Home	This handout provides education about the best times to take blood pressure, how to take an accurate reading and includes a blood pressure log	kp.org/bpathome/ncal