

inspire people. inform choices.
improve health.



At Kaiser Permanente, we believe good health is everything. That's why we're dedicated to helping you feel and be your best every day. The Healthy Living classes and programs in this catalog can help you become a more active partner in managing, maintaining, and improving your health. We offer onsite workshops and support groups, personalized coaching by phone, as well as online programs, tools, and information—all designed to help you move more, stress less, eat better, and be healthy at every stage of life. Take advantage of these resources and start working toward your personal wellness goals.

If life is what you make it, why not make it healthy?



A HEALTHY YOU

Greater Sacramento Area

Para información en español, vea las páginas 48 a 49.

Visit kp.org/healthyliving/nca to find classes, podcasts, and more.



Look good. Feel good.

Kaiser Permanente Cosmetic Services offers a full range of surgical, nonsurgical, laser, and skin care services to help you achieve the look you want. You'll receive care from a multidisciplinary team of specially trained cosmetic physicians and aesthetic specialists. Services available include the following:

Skin care services¹

We offer a comprehensive line of skin care products. Some locations offer esthetician services, including chemical peels, facials, and Vibradermabrasion.

Laser and nonsurgical services

- Botox and filler treatments
- Fraxel laser treatments
- Laser hair removal
- Laser treatment of brown spots and veins
- Sclerotherapy (injection of veins)

Surgical services²

- Body contouring
- Breast augmentation and lift
- Cosmetic cheek, chin, and lip augmentation
- Cosmetic ear, eyelid, and nasal surgery
- Face, forehead, and brow lift
- Liposuction and tummy tuck

Locations

2288 Auburn Blvd., Suite 205
Sacramento, CA 95821
916-973-6100

10725 International Drive
Rancho Cordova, CA 95670
916-631-2140

9201 Big Horn Blvd., 2nd Floor
Elk Grove, CA 95758
(Limited services available)

6600 Bruceville Road
Building 3, 3rd Floor
(moved from Building 2, 1st Floor)
Sacramento, CA 95823

916-688-2685
(laser and nonsurgical services)

916-688-6153
(surgical services)

SAVE 15%
ON SUNSCREEN
when you mention this ad.³

¹ Product lines may vary by location.

² Surgical services available at Auburn Boulevard and Bruceville Road locations.

³ Offer expires December 31, 2013. Valid only at the Kaiser Permanente Cosmetic Services locations shown above. Product lines may vary by location.

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Photo of model shown, not actual patient.

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HEALTHY LIFESTYLE PROGRAMS

Take advantage of free, online wellness programs from HealthMedia® designed to help you assess your behaviors and improve your health. Visit kp.org/healthylifestyles and choose a program. We'll guide you through an evaluation and tailor a program to fit your individual needs. Five programs are available in Spanish; for more information on these, visit kp.org/vidasana. Make sure to register at kp.org/register in order to use these secure features and more.



Our Classes and Fees*

Check the class listings in this catalog for locations, session information, and fees (if applicable). Our classes are open to Kaiser Permanente members, and many are also open to the community. Classes are filled on a first-come, first-served basis. Class dates and times are subject to change and cancellation; if you are registered for a class, you will be notified of any schedule changes. For information or to register, call the number listed under the course description.

Class fees are subject to change and vary depending on the class and your health plan coverage.*

*Class fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage* to confirm the services covered under your plan. If you are enrolled in one of Kaiser Permanente's deductible plans, please call the Deductible Service Team at 1-800-390-3507 for more information and for an estimate of any charges that may apply before you come to a class, group appointment, or support group.

Health Promotion and Health Education Centers and Resources

Let our centers be the first stop on your path to good health. Come in to research health topics and learn self-care techniques. Browse our health media collection, purchase books and other health-related products, rent or purchase a breast pump, or pick up an advance health care directive form. You can also speak with a staff member, sign up for a Healthy Living class, browse the kp.org website, and much more.

Please check your nearest center to find out what services are available. See page 9 for a list of our centers in the area with their hours of operation, or email us at csa.health-education@kp.org.

Locations of Services

Healthy Living programs and services are provided at the following locations.

- Davis Medical Offices**
 1955 Cowell Blvd.
 Davis, CA 95616
916-614-4035
- Elk Grove (Big Horn) Medical Offices**
 9201 Big Horn Blvd.
 Elk Grove, CA 95758
 Health Education Center:
916-478-5680
 Mon–Fri, 9 a.m.–5 p.m.
- Elk Grove (Promenade) Medical Offices**
 10305 Promenade Parkway
 Elk Grove, CA 95757
916-544-6220
 Mon–Fri, 9 a.m.–5 p.m.
- Fair Oaks Boulevard Medical Offices**
 2345 Fair Oaks Blvd.
 Sacramento, CA 95825
916-973-5243
- Folsom Medical Offices**
 2155 Iron Point Road
 Folsom, CA 95630
 Health Education Center:
916-817-5278
 Mon–Fri, 9 a.m.–12:30 p.m., 1:30–5 p.m.
- Lincoln Medical Offices**
 1900 Dresden Drive
 Lincoln, CA 95648
916-543-5153
- Point West Medical Offices**
 1650 Response Road
 Sacramento, CA 95815
 Health Promotion Center:
916-614-4035
 Mon–Fri, 9 a.m.–5 p.m.
- Rancho Cordova Medical Offices**
 10725 International Drive
 Rancho Cordova, CA 95670
 Health Promotion Center:
916-631-2027
 Mon–Fri, 9 a.m.–12:30 p.m., 1:30–5 p.m.
- Roseville Medical Center**
 1600 Eureka Road
 Building C, 1st Floor
 Roseville, CA 95661
 Health Promotion Center:
916-784-5775
 Mon–Fri, 9 a.m.–5 p.m.
- Roseville Medical Offices–Parkway Building**
 1660 East Roseville Parkway
 Roseville, CA 95661
916-784-4000
- Roseville Medical Offices–Riverside**
 1001 Riverside Ave.
 Junction Building
 Roseville, CA 95678
 Health Promotion Center:
916-746-4513
 Mon–Fri, 9 a.m.–12:30 p.m., 1:30–5 p.m.
- Roseville Medical Offices–Sierra Gardens**
 1840 Sierra Gardens Drive
 Roseville, CA 95661
916-784-4000
- Sacramento Medical Center**
 2025 Morse Ave.
 Sacramento, CA 95825
916-973-5000
- South Sacramento Medical Center**
 6600 Bruceville Road
 Sacramento, CA 95823
 Health Education Center:
916-688-2428
 Mon–Fri, 9 a.m.–5 p.m.

FARMERS MARKET

Feast your senses—and boost your health—with fresh produce from our farmers markets. The markets are open weekly, rain or shine, late spring through fall.

Farmers market locations:

- Lincoln Medical Offices**
 1900 Dresden Drive
(front of building)
- Point West Medical Offices**
 1650 Response Road
(outside near the pharmacy entrance)
- Sacramento Medical Center**
 2025 Morse Ave.
(outside near the pharmacy entrance)
- Roseville Medical Center**
 1600 Eureka Road
(in the courtyard)
- Roseville–Riverside Medical Center**
 1001 Riverside Ave.
(in the courtyard)
- South Sacramento Medical Center**
 6600 Bruceville Road
(outside near the clinic entrances)



Indicates online programs and tools.



Accident Prevention/First Aid

CPR

Learning CPR may help you save the life of a loved one, coworker, or perfect stranger. This CPR completion course is based on the American Heart Association's standards.

Fees do not include textbook.

Open to the community.

Sessions: One session

Fee: Varies

Renewal fee: Varies

Registration:

Roseville and Sacramento

916-905-0030

South Sacramento **916-481-4277**

Matter of Balance

Trauma Services

Learn about what typically causes falls and how to avoid them. The class provides a home safety checklist and exercises to help improve your balance.

Open to the community.

Sessions: Eight sessions

Fee: \$20

Registration:

South Sacramento **916-334-1072**

Advance Directives

Advance Directives

Health Education Department

Learn how an advance health care directive can help ensure that your wishes are respected should you become too ill to make or communicate your own decisions.

Open to the community.

Sessions: One 2-hour session

Fee: No fee

Registration:

South Sacramento **916-688-2428**

Communicating Your Life's Choices

Palliative Care Department

Make sure your health care wishes are respected, even when you're unable to speak for yourself. This class will help assist you with advance care planning, guiding you step by step in completing the advance health care directive and Physician Order for Life-Sustaining Treatment (POLST) forms. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration: Greater Sacramento area

916-474-6590

Alcohol and Drug Abuse

Adolescent Chemical Dependency Program

Psychiatry Department/Chemical Dependency Recovery Program (CDRP)

This family-oriented program includes family education classes, teen recovery groups, teen 12-step classes, and parent support groups. Our goal is to help adolescents develop life skills while maintaining a chemical-free lifestyle.

Members only.

Sessions: Varies

Fee: Office visit cost share per session

Registration:

Sacramento **916-482-1132**

South Sacramento **916-525-6100**

Al-Anon

Al-Anon is a support group where you can learn to cope with the alcoholism of family members or friends, safely share

your feelings, or just listen to those who identify with your situation. This is a self-help program. *Open to the community.*

Sessions: Ongoing; weekly

Fee: No fee

Information: In Sacramento,

call **916-334-2970**.

Alcohol and Drug Treatment Programs

Chemical Dependency Services (CDS)/Chemical Dependency Recovery Program (CDRP)

If you or someone you love is struggling with alcohol or drugs, find hope for recovery. We offer education and structured guidance for recovery from chemical dependency and codependency in individual, family, and group therapy settings. *Members only.*

Sessions: Ongoing

Fee: Office visit cost share per session

Registration:

Folsom **916-817-5646**

Sacramento **916-482-1132**

South Sacramento **916-525-6100**

Alcoholics Anonymous (AA)

AA offers hope, healing, discussion, and fellowship for alcohol recovery. This is a self-help program. *Open to the community.*

Sessions: Ongoing; weekly

Fee: No fee

Information: In greater Sacramento,

call **916-454-1100** or visit

aasacramento.org for locations.

Cocaine Anonymous

Join a group of individuals who have taken a pledge to remain drug free and to support each other along every stage of their recovery. This is a self-help program. *Open to the community.*

Sessions: Ongoing; weekly

Fee: No fee

Information: In Sacramento,

call **916-386-3545**.

Codependency Program

Psychiatry Department/Chemical Dependency Recovery Program (CDRP)

If you have ever felt isolated, overwhelmed, and alone in coping with a chemically dependent person in your life, we offer educational and interactive group sessions that include esteem building, coping skills, and assertiveness training in a caring and supportive environment. *Members only.*

Sessions: Ongoing

Fee: Office visit cost share per session

Registration:

South Sacramento **916-525-6100**

Codependents Anonymous (CoDA)

Join this group and learn to develop healthy relationships. This is a self-help program. *Open to the community.*

Sessions: Ongoing; weekly

Fee: No fee

Information: Visit **greatersaccoda.org** for locations.

LifeRing

LifeRing is a network of support groups for people who want to be free of alcohol and addictive drugs. Group members provide positive reinforcement on the road to recovery. This is a self-help program. *Open to the community.*

Sessions: Weekly

Fee: No fee

Information: Visit **lifering.org**

for locations.

Marijuana Anonymous

Group members share their experience, strength, and hope with each other to help others recover from marijuana addiction. This is a self-help program. *Open to the community.*

Sessions: Weekly

Fee: No fee

Information: In greater Sacramento, call **916-341-9469** or visit sacramentoma.org.

Narcotics Anonymous (NA)

NA is a group of individuals who support each other in learning to live drug free. This is a self-help program. *Open to the community.*

Sessions: Weekly

Fee: No fee

Information: In Sacramento and South Sacramento, call **1-800-600-4673** or visit sacfna.org.

Cancer

Cancer Support Groups

Medical Social Work
Services Department

These cancer support groups give you the opportunity to come share your feelings and coping strategies and learn from others. *Open to the community.*

Roseville location: "I Can Cope" Group, Newly Diagnosed Group, and Advanced-Stage Metastatic Recurrent Cancer Group

Sessions: Ongoing

Fee: No fee

Registration: **916-474-2236**

South Sacramento location:

Cancer Support Group

Sessions: Third Wednesday of each month

Fee: No fee

Registration: **916-688-6376**

General Oncology Support Group

Medical Social Work
Services Department

Join cancer survivors and their loved ones in a caring, supportive group to share experiences and find current information. Participants are in all stages of the disease process. *Open to the community.*

Sessions: Monday, 4:30–6 p.m.

Fee: No fee

Registration: Sacramento—Morse Ave., Cottage Building, Conference Room A **916-973-6846**

Breast Cancer Workshop

Oncology Department

Come learn management strategies for the physical and emotional changes that may occur after treatment or surgery. *Open to the community.*

Sessions: Drop-in, second Tuesday of each month (Jan–Oct), 5–6:30 p.m.

Fee: No fee

Registration: South Sacramento, Dan B. Moore Bldg., Front Conference Room, **916-688-2428**

Chronic Conditions

Core Dementia Training

Alzheimer's/Dementia Program

This class gives an overview of the different types of dementia, including the signs and symptoms of the condition and the resulting physical and mental decline. *Members only.*

Sessions: One session

Fee: No fee

Registration: Sacramento **916-973-6165**

Dementia Behavior Management Workshop: Part 1

Alzheimer's/Dementia Program

This class is essential for caregivers who are living with and caring for someone with dementia. Communication skills for those living with memory loss

will be explored, as well as behavior management techniques for difficult behaviors. *Members only.*

Sessions: One session

Fee: No fee

Registration: Sacramento **916-973-6165**

Dementia Behavior Management Workshop: Part 2

Alzheimer's/Dementia Program

In this interactive class, caregivers are taught how to deal with difficult behaviors common to dementia. Games and role-playing demonstrate how to make behavioral theories work in real-life situations. *Members only.*

Sessions: One session

Fee: No fee

Registration: Sacramento **916-973-6165**

Dementia Caregivers Support Group

Alzheimer's/Dementia Program

Find support and understanding from others who are also caring for a loved one with dementia or Alzheimer's disease. *Open to the community.*

Sessions: Ongoing

Fee: No fee

Registration: Sacramento **916-973-6165**

Fibromyalgia Overview

Health Promotion/Health Education
Department/Behavioral Health
Education

Learn how to manage pain, cope with symptoms, and function better with fibromyalgia. *Members only.*

Sessions: One session

Fee: No fee

Registration: Roseville and Sacramento **916-746-4513**
South Sacramento **916-688-6915**

Healthier Living with Ongoing Health Conditions

Health Promotion/Health Education
Department

Living with a chronic condition like diabetes or arthritis can sometimes be hard. In this class, you'll learn skills to manage your physical and emotional health in order to live a fuller life. *Open to the community.*

Sessions: Six 2.5-hour sessions

Fee: No fee for members; \$50 nonmembers

Registration: Elk Grove (Big Horn) **916-478-5680**
Sacramento **916-614-4035**
South Sacramento **916-688-2428**

Lymphedema Management

Rehabilitation Services Department

This class provides an overview of lymphedema and associated risk factors. Behaviors that may reduce the risk of development and/or progression of this condition are discussed. *Members only.*

Sessions: One session

Fee: No fee

Registration: Referral required. Roseville—contact your provider.

Memory Gain

Alzheimer's/Dementia Program

Learn how memory works, as well as what preventive lifestyle changes, memory tools, and activities can enhance your cognitive functioning. This class is not appropriate for those diagnosed with Alzheimer's disease, vascular dementia, or any other form of dementia. *Members only.*

Sessions: One session

Fee: No fee

Registration: Sacramento **916-973-6165**

Nutrition and Your Kidneys

Nutrition Services Department

If you have been diagnosed with kidney disease, come learn how to manage your condition with healthy meals, at home and when dining out. *Members only.*

Sessions: One session

Fee: No fee

Registration: Referral required.
South Sacramento **916-688-2457**

Taking Care of Your Kidneys: Part A

Health Promotion/Health Education/ Nephrology Departments

If you have early kidney disease, come learn about basic kidney function, the causes of kidney disease, treatment options, and nutrition therapy. In South Sacramento, Nutrition and Your Kidneys is a separate class. *Members only.*

Sessions: One 3-hour session

Fee: No fee

Registration: Referral required.
Roseville and Sacramento
916-480-6563
South Sacramento **916-648-6739**

Taking Care of Your Kidneys: Part B

Health Promotion/Health Education/ Nephrology Departments

If you have advanced kidney disease, take this class to learn more about treatment options, preparation for dialysis, financial considerations, and resources. Prior attendance in Taking Care of Your Kidneys: Part A is preferred, unless otherwise recommended by your provider. *Members only.*

Sessions: One 3-hour session

Fee: No fee

Registration: Nephrologist referral required.
Roseville and Sacramento
916-480-6563
South Sacramento **916-648-6739**

Taking Care of Your Kidneys Video

Learn about kidney disease and how to keep your kidneys as healthy as possible. Find this video through your doctor's home page at kp.org/mydoctor.

Osteoarthritis Self-Care

Health Promotion

Take an active role in managing your osteoarthritis by learning self-care techniques. This class is most beneficial to early-stage osteoarthritis patients. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:
Sacramento **916-614-4035**

Osteoporosis: Healthy Bones, Stronger Bodies

Chronic Conditions Management Department

You're never too young or too old to improve the health of your bones. Come learn how to prevent osteoporosis and bone fractures through diet, exercise, and lifestyle changes. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:
Folsom **916-817-5334**
Lincoln **916-543-5407**
Rancho Cordova **916-631-2329**
Roseville **916-746-4581**
Sacramento–Fair Oaks **916-480-6733**
Sacramento–Point West **916-973-6460**



THE DOCTOR IS IN

My Doctor Online keeps you connected to your physicians anytime, anywhere.

My Doctor Online makes it easy for you to choose the right doctors for you and your family, and keep in touch between visits. From your doctor's home page at kp.org/mydoctor, you can:



- 1 Get to know your personal physician and specialists by reading about their backgrounds, education, awards, publications, and special interests.
- 2 Email your doctor, view most lab results, schedule a routine appointment, refill prescriptions, or get directions to your doctor's office.
- 3 Check which immunizations and preventive screenings you or your family members may need to stay healthy.
- 4 Learn about health topics like diabetes, Parkinson's disease, or seasonal allergies by reading evidence-based articles that your doctor recommends.
- 5 Find relief using interactive online tools to help you manage headaches, knee pain, cold and flu, and more.

Visit and bookmark your doctor's home page at kp.org/mydoctor.

Better Sleep, Better Health

Chronic Conditions
Management Department

Identify your sleep disrupters, learn new habits, and practice a simple relaxation exercise to improve sleep and enhance your overall health. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Davis **530-757-4025**

Folsom **916-817-5334**

Lincoln **916-543-5407**

Rancho Cordova **916-631-2329**

Roseville **916-746-4581**

Sacramento–Fair Oaks **916-480-6733**

Sacramento–Point West **916-973-6460**

Stroke Support Group

Physical Medicine and
Rehabilitation Departments

This group is for stroke survivors and/or their care partners. Learn from speakers and other stroke survivors about coping with the changes a stroke can bring to your life. *Open to the community.*

Sessions: Monthly

Fee: No fee

Registration:

Roseville **916-771-6611**

South Sacramento **916-525-3101**

Cosmetic Services

The following seminars and presentations are provided at no fee and are open to the community. Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are responsible to pay for them.

Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. (Health Plan), and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under Health Plan. If you are a Health Plan member, please check your *Evidence of Coverage*.

Cosmetic Services Presentations

Cosmetic Services

Free seminars are held throughout the year by Cosmetic Services providers on various topics. Call for details, including topics and dates.

Sessions: Ongoing

Fee: No fee

Registration: Sacramento

916-973-6100

Cosmetic Dermatology Services

Cosmetic Services

Feel great in your skin. We offer medical-grade skin care products and procedures including: chemical peels, vibradermabrasion, facials, waxing, Botox, and fillers, as well as laser treatment of wrinkles, scars, blood vessels, brown spots, and unwanted hair. We also offer free seminars and fee-based individual consultations with an esthetician or nurse to evaluate your skin and discuss treatment options. *Open to the community.*

Sessions: Varies

Fee: \$45 esthetician consult fee;
\$50 nurse consult fee

Information: South Sacramento

916-688-2685

Laser Hair Removal Seminar

Cosmetic Services

Learn about this procedure, the benefits, and if it's right for you.

Sessions: One session

Fee: No fee

Registration: Sacramento—
2288 Auburn Blvd. **916-973-6100**

Skin Care Seminar

Cosmetic Services

Considering cosmetic skin care treatment? Come get an overview of the various treatment options available.

Sessions: One session

Fee: No fee

Registration:

Rancho Cordova **916-631-2140**

Varicose Vein Treatment Seminar

Cosmetic Services

This seminar examines the condition of varicose veins, treatment options, and risks and benefits.

Sessions: One session

Fee: No fee

Registration: Sacramento—
2288 Auburn Blvd. **916-973-6100**

Vascular Laser Treatment Seminar

Cosmetic Services

Learn about the risks and benefits of vascular laser treatment so you can make a better-informed decision.

Sessions: One session

Fee: No fee

Registration: Sacramento—
2288 Auburn Blvd. **916-973-6100**

Death and Bereavement

Bereavement Support Group

Hospice Services

If you are grieving over the loss of a loved one, you can feel better with the support of others in a similar situation. *Open to the community.*

Sessions: Ongoing

Fee: No fee

Information: Roseville, Sacramento,
and Elk Grove (Big Horn) **916-486-5300**

Family Grief Resource Program

Pediatrics Department

Call for information about community and Kaiser Permanente resources for families who have lost a child under age 18. *Members only.*

Fee: No fee

Message line: **916-474-2333**

Diabetes

Prediabetes

Chronic Conditions
Management Department

Preventing or delaying the onset of diabetes begins with a healthy lifestyle. This class will help you take charge of your health and teach you how to reduce your risk of diabetes and its complications. *Members only. Available in Spanish in South Sacramento.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Davis **530-757-4025**

Elk Grove (Big Horn) **916-688-6915**

Folsom **916-817-5334**

Lincoln **916-543-5407**

Rancho Cordova **916-631-2329**

Roseville **916-746-4581**

Sacramento–Fair Oaks **916-480-6733**

Sacramento–Point West **916-973-6460**

South Sacramento **916-688-6915**

Diabetes Type 1 Workshop

Chronic Conditions
Management Department

If you have type 1 diabetes, come learn how to use pattern management to monitor your blood sugar so that you can make adjustments in insulin, food, and exercise as needed. We'll explain how to control blood sugar highs and lows and how to manage the stress of diabetes. Support persons welcome. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Roseville **916-746-6778**

Sacramento **916-614-5262**

Diabetes Basics

Chronic Conditions
Management Department

Learn the basics of managing your type 2 diabetes so you can feel better and be active and healthy. In this class, we give you an overview of the five key areas of type 2 diabetes management: healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress. Bring your blood glucose monitor to class. *Members only. Available in Spanish in South Sacramento.*

Sessions: One 2.5-hour session

Fee: No fee

Registration:

Davis **530-757-7070**

Elk Grove (Big Horn) **916-688-6915**

Folsom **916-817-5200**

Lincoln **916-543-5407**

Rancho Cordova **916-631-3040**

Roseville **916-784-4050**

Sacramento–Fair Oaks **916-973-5243**

Sacramento–Point West **916-614-4040**

South Sacramento **916-688-6915**

Starting Insulin

Chronic Conditions
Management Department

Learn how insulin can work for you. Explore the myths and facts about insulin, learn how to inject insulin more easily and comfortably, and get your questions answered. *Members only. Available in Spanish in South Sacramento.*

Sessions: One 1.5-hour session

Fee: No fee

Registration: Referral required.

Davis **530-757-4213**

Elk Grove (Big Horn) **916-688-6915**

Folsom **916-817-5277**

Lincoln **916-543-2677**

Rancho Cordova **916-631-2112**

Roseville **916-784-5345**

Roseville–Riverside **916-746-6778**

Sacramento–Fair Oaks **916-480-6565**

Sacramento–Point West **916-614-5262**

South Sacramento **916-688-6915**

Insulin for Diabetes Video Series

Studies have shown that early use of insulin can produce better long-term results and blood sugar control for people with diabetes. This video series will teach you how to prepare and inject insulin and understand why insulin is one of the best tools available to manage your blood sugar. Find this video through your doctor's home page at kpdoc.org/insulinvideos.

Living Well with Diabetes

Chronic Conditions
Management Department

Once you have learned the basics of diabetes self-management, you are ready to advance to the next level. Come learn new skills for making smart food and exercise choices that can help keep your blood sugar levels within range. And you'll discover great ways to handle the stress and emotions related to diabetes. *Members only. Available in Spanish in South Sacramento.*

Topics in greater Sacramento include:

- Diabetes: Beyond the Basics
- Shaping Your Health
- Serving up Health: Using Your Fork to Prevent and Manage Disease
- Stepping Forward—Diabetes Foot Care
- Positively Healthy: The Power of Your Thoughts on Your Health

Topics in the South Sacramento and Elk Grove areas include:

- Preventing Complications
- Weight in Balance
- Medications (offered quarterly)

Other topics may also be available. Call your local facility for details.

Sessions: Ongoing; 2-hour sessions

Fee: No fee

Registration:

Davis **530-757-4025**

Elk Grove (Big Horn) **916-688-6915**

Folsom **916-817-5334**

Lincoln **916-543-5407**

Rancho Cordova **916-631-2329**

Roseville **916-746-4581**

Sacramento–Fair Oaks **916-480-6733**

Sacramento–Point West **916-973-6460**

South Sacramento **916-688-6915**

Diabetes: Pattern Management

Chronic Conditions
Management Department

Are you tired of struggling with your blood sugar levels? Do you have highs or lows that make no sense to you? Have you ever been so frustrated that you just quit testing? Then this is the workshop for you! It includes a practice session and instructions that help you learn how to interpret your blood sugar levels and make changes that can improve your overall control and health. In class, you'll analyze your own blood sugar levels with the assistance of specially trained staff. Once you've taken the full workshop, you can repeat the practice session as often as you want. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Davis **530-757-4213**

Folsom **916-817-5277**

Lincoln **916-543-2677**

Rancho Cordova **916-631-2112**

Roseville **916-784-5345**

Roseville–Riverside **916-746-6778**

Sacramento–Fair Oaks **916-480-6565**

Sacramento–Point West **916-614-5262**

ANTI-TOBACCO BILLBOARDS

This anti-tobacco billboard is Woodcreek High School's winning entry in Kaiser Permanente's Don't Buy the Lie contest for 2012.

The winning intermediate school entry, by a student at Presentation of the Blessed Virgin Mary School, is on page 42 of this catalog.

Since 1994, Kaiser Permanente has sponsored this annual contest for high school and middle school students in Sacramento, Placer, and Yolo counties. The program includes educational materials that are sent to teachers, and the billboard contest focuses on developing messages to counter the pro-tobacco influences that our youth face today. Please visit our website at kp.org/dontbuythelie for more information on this program and to see winners from past years.



Kaiser Permanente's "Don't Buy the Lie" Tobacco Use Prevention Program
Artwork by Jessica B., Woodcreek High School, Roseville Joint Union High School District



Diabetes Care Management Program

Chronic Conditions Management Department

In this short-term program, you will work with a diabetes care manager to learn self-management skills that support you in achieving a healthy lifestyle. Your care program will use information from the Diabetes: Pattern Management class as well. *Members only.*

Sessions: Ongoing

Fee: No fee

Registration:

Davis **530-757-4213**

Folsom **916-817-5277**

Lincoln **916-543-2677**

Rancho Cordova **916-631-2112**

Roseville **916-784-5345**

Roseville–Riverside **916-746-6778**

Sacramento–Fair Oaks **916-480-6565**

Sacramento–Point West **916-614-5262**

Diabetes Nutrition

Health Promotion/Health Education Department

Attend this class to get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods and enjoy eating out healthfully. With smart planning and balanced choices, eating well can still taste great. *Open to the community. Available in Spanish in South Sacramento.*

Sessions: One 1.5-hour session

Fee: No fee for members;
\$30 nonmembers

Registration:

Davis **530-757-7070**

Elk Grove (Big Horn) and

South Sacramento

916-688-2457

Folsom **916-817-5200**

Lincoln **916-543-5400**

Rancho Cordova **916-631-3040**

Roseville **916-784-4050**

Sacramento **916-614-4040**

Meal Planning for Diabetes

Chronic Conditions Management Department

In this class, we'll sharpen your carb-counting skills and you'll learn about portions and label reading to assist you with meal planning. Prerequisite: Diabetes Nutrition. *Open to the community.*

Sessions: One session

Fee: No fee

Registration:

South Sacramento **916-688-2457**

Diabetes Support Group

Chronic Conditions Management Department

This monthly support group for individuals with diabetes and their families is led by a registered dietitian and health educator, and will include guest speakers specializing in diabetes care. *Members only.*

Location 1: South Sacramento—
7300 Wyndham Drive, 1st Floor,
Conference Rooms 1 and 2

Sessions: Drop-in; first Tuesday
of the month, 5–6:30 p.m.

Fee: No fee

Information: **916-688-2457**

Location 2: South Sacramento—
Building 1, 2nd Floor, Room 214,
next to Medicine E

Sessions: Drop-in; second Wednesday
of the month, 10:30 a.m.–noon

Fee: No fee

Information: **916-688-2457**

Family Planning

Fertility Seminar

Women's Health Department

Learn about the causes and treatments of infertility. Get answers to your questions so you can decide whether or not to pursue evaluation. *Members only.*

Sessions: One session

Fee: Office visit cost share

Registration:

Roseville and Sacramento

916-614-5005

In Vitro Fertilization and Donor Egg Program

Center for Reproductive Health

This one-on-one session, led by a member of our IVF team, provides an overview of the IVF process, an explanation of the risks and benefits, and information about costs and the options available. *Open to the community.*

Sessions: One session

Fee: No fee

Registration:

Sacramento **916-614-5200**

Many Kaiser Permanente members have coverage for the diagnosis and treatment of infertility, and some members have coverage for in vitro fertilization (IVF) procedures if IVF is listed as a covered benefit in the *Evidence of Coverage* for their Kaiser Permanente health benefit plan. Otherwise, services described here are provided on a fee-for-service basis, separate from and not covered under your Health Plan benefits. Clinical services are provided by The Permanente Medical Group providers or contractors. The Permanente Medical Group, Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals have a financial interest in the provision of these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Permanent Birth Control

Women's Health Department

This class includes an overview of permanent birth control options, including laparoscopic tubal ligation and Essure, as well as alternative contraceptive methods. This class is required before you can schedule a sterilization procedure. *Members only.*

Sessions: One session

Fee: No fee for Roseville and
Sacramento; \$5 for South Sacramento

Registration:

Roseville **916-784-4148**

Sacramento **916-614-4055**

South Sacramento **916-478-5357**

Vasectomy Overview

Urology Department

If you're considering a vasectomy, this class will help you understand the procedure, the risks and benefits, and will help answer your questions. This class is required before you can schedule your vasectomy. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Roseville and Sacramento

916-973-5355

South Sacramento

916-688-2081

Gastroenterology/ Gastrointestinal (GI)

Irritable Bowel and Dyspepsia

Health Promotion/Health Education/
Gastroenterology Departments

Troubled by indigestion or irritable bowel syndrome? Learn about the causes and symptoms of these abdominal problems, and ways to manage them. *Members only.*

Sessions: One 1.5-hour session

Fee: No fee

Registration:

Roseville and Sacramento

916-973-5380

Ostomy Clinic

A certified ostomy care nurse is available by appointment to provide education and assistance with ostomy management issues. *Members only.*

Sessions: Vary

Fee: Office visit cost share

Registration:

Roseville **916-784-5648**



Good health, good eyewear.

With Vision Essentials by Kaiser Permanente, you can get an eye exam and find the perfect pair of glasses. Choose from frames by top brands like **Fendi, Nike, and Prada.**

We also offer a wide range of contact lenses and a full selection of prescription and nonprescription sunglasses from brands like **Maui Jim, Ray-Ban, Suncloud, and Oakley.**

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*Choose from a select group of frames with single-vision plastic lenses.

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Kaiser Permanente members typically have coverage for medically necessary eye examinations, and some members may be able to apply a supplemental benefit to their purchases. Otherwise, the services and products described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Heart Health

Atrial Fibrillation

Cardiology Department

Learn about atrial fibrillation and the tools you need to manage it more effectively. *Members with a diagnosis of atrial fibrillation only.*

Sessions: One 1.5-hour session

Fee: No fee

Registration:

Roseville and Sacramento
916-973-5282

Cardiovascular Health: Preventing Heart Attacks and Strokes Everyday (PHASE)

Chronic Conditions Management
Department

Learn how to reduce your risk of heart attacks and strokes in this one-session class focused on implementing positive lifestyle changes. This class is especially recommended for people with history of heart attack or stroke, high blood pressure, prediabetes or diabetes, heart disease, kidney disease, or peripheral artery disease. Topics discussed include nutrition, exercise, help with sleep, medications, weight management, and stress management. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Davis **530-757-4025**

Folsom **916-817-5334**

Lincoln **916-543-5407**

Rancho Cordova **916-631-2329**

Roseville **916-784-4581**

Sacramento–Fair Oaks **916-480-6733**

Sacramento–Point West **916-973-6460**

En español **916-746-6734**

Cholesterol and Your Heart

Chronic Conditions
Management Department

Want to lower your cholesterol, but don't know where to begin? This class

helps you understand how exercise and a heart-healthy diet can lower your cholesterol, improve your overall health, and reduce your risk for heart attack and stroke. *Members only. Available in Spanish in South Sacramento.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Elk Grove (Big Horn) and
South Sacramento
916-688-6915

Congestive Heart Failure Self-Care

Chronic Conditions
Management Department

Learn what congestive heart failure is and important self-care skills that can improve your quality of life. We cover healthy eating, activity, medications, and the importance of weighing yourself. Caregivers are encouraged to attend with you. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Folsom **916-817-5200**

Rancho Cordova **916-631-3040**

Roseville **916-784-4050**

Sacramento–Fair Oaks **916-973-5243**

Sacramento–Point West **916-614-4040**

South Sacramento (referral required)
916-688-6880

Heart Failure Care Management Program

Chronic Conditions
Management Department

This short-term program will give you the tools to help you manage heart failure through proactive, scheduled telephone consults, self-care skills building, diet counseling, risk factor counseling, and medication management. *Members only.*

Sessions: Ongoing

Fee: No fee

Information: Referral required.

In greater Sacramento, call
916-784-5722.

Heart Health Nutrition

Health Promotion/Health Education Department

Diet plays a big role in management of cholesterol levels, congestive heart failure, and high blood pressure. If you have one or more of these conditions, this class is for you. Topics include learning how to eat more healthfully in a restaurant, adopt low-fat cooking techniques, and read food labels. *Open to the community.*

Sessions: One 1.5-hour session

Fee: No fee for members; \$30 nonmembers

Registration:

Elk Grove (Big Horn) and South Sacramento

916-688-2457

Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento **916-614-4040**

Multifit

Chronic Conditions Management Department

Were you recently hospitalized for a heart attack, angioplasty, or coronary artery bypass surgery? This 6- to 9-month rehabilitation program provides counseling on medication, exercise, smoking cessation, risk factor modification, and healthy eating to keep you on your path to recovery. *Members only.*

Sessions: Ongoing

Fee: No fee

Information: Referral required.

Roseville **916-784-5225**

Sacramento **916-480-6922**

South Sacramento—
contact your provider

High Blood Pressure

Blood Pressure Screening

Chronic Conditions Management Department

Blood pressure screening is available

for free, Monday through Friday, at the following locations. *Members only in South Sacramento and Elk Grove; at all other locations, open to the community.*

Drop-in locations:

- Davis, 1st Floor, Lobby, 8:30 a.m.–1:30 p.m.
- Elk Grove (Big Horn), Med. PCP Station, 8:30 a.m.–5 p.m.
- Elk Grove (Promenade), Med. PCP Station, 8:30 a.m.–5 p.m.
- Fair Oaks Boulevard, 1st Floor, 9 a.m.–noon, 1:30–4:30 p.m.
- Folsom, 1st Floor, Health Education Center, 9 a.m.–noon, 1:30–4:30 p.m.
- Lincoln, 1st Floor, 8 a.m.–noon, 1:30–4 p.m.
- Point West, 1st Floor, Health Education Center, 9 a.m.–4:30 p.m.
- Rancho Cordova Medical Offices, 1st Floor, 9 a.m.–2 p.m.
- Roseville-Eureka Road, Building C, 1st Floor, Health Education, 9 a.m.–4:45 p.m.
- Roseville, Eureka Road, Building D1, 2nd Floor, 9:15 a.m.–12:30 p.m.
- Riverside Avenue, Junction Building, 8 a.m.–noon, 1:30–4 p.m.
- Riverside Avenue, Placer Building, 9:30 a.m.–1:15 p.m.
- Sacramento–Morse Avenue, 1st Floor (across from Outpatient Pharmacy), 9 a.m.–noon, 1:30–4:30 p.m.
- South Sacramento, Med. PCP Station, 8:30 a.m.–5 p.m.

By appointment locations:

Elk Grove (Big Horn) **916-478-5100**

Elk Grove (Promenade)

916-544-6300

South Sacramento **916-688-2106**

Hypertension Nutrition

Nutrition Department/Chronic Conditions Management Department

Learn healthy ways to reduce your risk of heart disease and stroke with the DASH (Dietary Approaches to Stop

STAY ON TRACK WITH PREVENTIVE SERVICES

Are you due for a mammogram, Pap test, colorectal screening, or flu shot? You'll find out what exams you need—and when—and how to schedule an appointment with your personalized, online *Preventive Services* summary. Look for this feature on your doctor's home page at kp.org/mydoctor.



Hypertension) diet. You'll discover how to reduce sodium, eat more healthfully when dining out, and read food labels. *Members only.*

Sessions: One session

Fee: No fee

Registration:

South Sacramento **916-688-2457**

Infectious Diseases

Hepatitis C

Infectious Diseases/Gastroenterology Departments

Learn about hepatitis C, treatment options, and how to prevent transmission to others. *Members only.*

Sessions: One session

Fee: No fee

Registration:

Sacramento **916-973-5380**

South Sacramento **916-688-6968**

HIV Antibody Testing

Infectious Diseases

Take responsibility for your health by knowing your HIV status. Confidential HIV pre- and post-test counseling is available at the sites listed below. *Members only.*

Fee: Varies

Drop-in locations:

- Elk Grove (Big Horn), Elk Grove (Promenade), and South Sacramento—please visit the Health Education Center to pick up an HIV testing packet.
- Sacramento—Station 2D, Tuesday, 5:30–8 p.m.

By appointment:

Elk Grove (Big Horn), Elk Grove (Promenade), and South Sacramento

916-688-6166

Sacramento **916-973-6835**

HIV Multidisciplinary Care Team

Infectious Diseases Department

Whether you're newly diagnosed or have been living with HIV, our care team can help answer questions about a wide range of HIV issues. We can discuss your emotional well-being, treatment options, health maintenance, stress, diet and exercise, insurance or other financial matters, and community resources. Support persons are welcome to attend. *Members only.*

Sessions: Ongoing

Fee: Office visit cost share

Registration:

Sacramento **916-973-5230**

South Sacramento **916-688-6166**

Men's Health

Erectile Dysfunction Group Appointment

Urology Department

Get the facts you need from a urologist, who will discuss the causes and treatments of erectile dysfunction. *Members only.*

Sessions: One 2-hour session

Fee: Office visit cost share

Registration:

Roseville **916-784-4160**

Sacramento **916-973-5355**

Mental and Behavioral Health

Pathways to Emotional Wellness

Learn how your thoughts and emotions can affect your physical wellness. In this single-session class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and recognize the signs and symptoms of depression. We'll also provide an overview of other available Kaiser Permanente resources, including multi-session health education programs, so you can choose those that are best for you. *Open to the community.*

Sessions: One session

Fee: No fee for members; \$20 nonmembers

Registration: Folsom, Rancho Cordova, Roseville, and Sacramento
916-973-5300
South Sacramento **916-525-6100**

Managing Anger Overview

Behavioral Health Education

This introductory class covers the anger cycle, triggers, and anger management skills. *Members only.*

Sessions: One session

Fee: No fee

Registration: Folsom, Roseville, and Sacramento **916-973-5300**

Managing Anger Series

Behavioral Health Education

Is your anger causing problems with family, friends, or colleagues? We'll help you identify your anger triggers, develop communication skills, and practice new ways to respond instead of letting your emotions overcome you. *This series does not satisfy the court-ordered treatment required for domestic violence.* Prerequisite: Managing Anger Overview. *Members only.*

Roseville and Sacramento locations

Sessions: Eight sessions

Fee: One half of office visit cost share per session

Registration: **916-973-5300**

South Sacramento location

Sessions: Eight sessions

Fee: Varies

Registration: **916-525-6100**

Teen and Parent Anger Management

Psychiatry Department

Teens and parents can learn skills to manage angry feelings and behavior, and improve communication in the family. *Members only.*

Sessions: Five sessions

Fee: Office visit cost share per session

Registration:
Roseville and Sacramento
916-973-5300

Understanding Anxiety Overview

Behavioral Health Education

Do you sometimes feel overwhelmed by feelings of worry or fear? If you do, join this class and explore the types and causes of anxiety, including fear and panic attacks. You'll learn to identify your triggers and find out about resources and treatment options, including self-care techniques. Friends and family are welcome. *Members only.*

Sessions: One session

Fee: No fee

Registration:
Roseville and Sacramento **916-973-5300**

Understanding Anxiety Series

Behavioral Health Education

In this series, you'll learn to identify what triggers anxiety for you as well as ways to manage your symptoms. We'll help you explore your thoughts and compare your fears with reality. You'll also learn techniques to relax, reduce your response to triggers, and think and act assertively. *Attendance at the first session is required. The Pathways to Emotional Wellness class is*

recommended prior to taking this series. Members only.

Sessions: Six sessions

Fee: Varies

Registration:
South Sacramento **916-525-6100**

Attention Deficit Disorder (ADD)

Psychiatry Department

Join us for support and in-depth information on diagnosis, behavior management, and medication. *Members only.*

Rancho Cordova, Roseville, and Sacramento locations

Sessions: Five sessions

Fee: Office visit cost share per session

Registration: Referral required. For more information, call **916-973-5300.**

South Sacramento location

Sessions: Four sessions

Fee: \$5 per session

Registration: Referral required. For more information, call **916-525-6100.**

Managing ADD for Adults and Teens

Psychiatry Department

Specifically designed for teens and adults, this class offers in-depth information about attention deficit disorder and teaches self-management techniques, options for medication, and ways to cope. *Members only.*

Sessions: Two sessions

Fee: \$5

Registration:
Elk Grove (Big Horn) **916-478-5850**

Couples Communication Series

Behavioral Health Education

Communicating effectively in any type of relationship is an ongoing process that requires skill. Learn effective ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This series is for couples in committed relationships. *Members only.*

Sessions: Six sessions

Fee: Varies

Registration:
Folsom, Roseville, and Sacramento
916-973-5300
South Sacramento
916-525-6100

Managing Depression Overview

Psychiatry Department

Are you losing interest in your favorite activities or feeling down? You may be suffering from depression—a common, treatable condition. Come learn what resources are available and what you can do to feel better. Friends and family are welcome. *Open to the community.*

Sessions: One session

Fee: No fee for members; \$20 nonmembers

Registration:
Folsom, Rancho Cordova, Roseville, and Sacramento
916-973-5300

Managing Depression Series

Psychiatry Department

Depression is common, real, and treatable. This series explores the causes and effects of depression. You'll learn how to challenge negative thinking, reduce stress, and manage moods long after the class is over. *Members only.*

Roseville and Sacramento locations

Sessions: Eight sessions

Fee: No fee

Registration: Prior attendance in Managing Depression Overview required. For information, call **916-973-5300.**

South Sacramento location

Sessions: Six sessions

Fee: No fee

Registration: Prior attendance in Pathways to Emotional Wellness required. For information, call **916-525-6100.**



Depression Videos

Depression is more than just “the blues.” It’s a real and serious medical illness and it’s more common than people realize. Learn more about depression symptoms, causes, and treatment options through our depression video series. Find these videos through your doctor’s home page at kp.org/mydoctor.

Eating Disorders Intensive Outpatient Program (EDIOP)

Psychiatry Department

This program is designed to help individuals with moderate to severe anorexia or bulimia achieve medical stability, learn balanced eating, improve body image, and learn to use new coping skills to manage life stressors. Treatment typically lasts 12 to 16 weeks and includes group, individual, and nutrition counseling. This program does not treat binge eating or weight management issues. *Members only.*

Sessions: Two or three sessions per week, plus individual or family therapy

Fee: Varies

Registration:

Sacramento **916-480-6912**

Insomnia

Psychiatry Department

Learn how to manage chronic sleep problems and reduce the symptoms that come with insomnia. *Members only.*

Sessions: One session

Fee: No fee

Registration:

Folsom, Roseville, and Sacramento
916-973-5300
South Sacramento **916-525-6100**



Health Journeys Guided Imagery Programs

Guided imagery is a type of relaxation exercise designed to engage your mind, body, and spirit. These podcasts,

available through your doctor’s home page at kp.org/mydoctor, can help you ease pain, relieve stress, get healthful sleep, and prepare for surgery.

Nutrition

Feeding Your Baby/Toddler Overview

Learn strategies for feeding your child, including the benefits of continued breastfeeding, introducing solids, food allergy issues, portion sizes, and healthy food options. You will also receive tips on handling the food challenges toddlers sometimes present. *Members only.*

Sessions: One 1-hour session

Fee: No fee

Registration:

South Sacramento **916-688-2457**

Healthy Eating, Active Living for Kids and Families Overview

Health Promotion/Health Education Department

Healthy eating and exercise habits begin at home. We’re here to help you and your school-age children develop a healthy lifestyle together. We’ll cover basic nutrition principles and strategies on how to increase energy and fitness with activities the whole family can enjoy. Parents accompany their children and learn how to be healthy role models. For children 6 to 11, parents need to attend with their child. For children 2 to 5, parents only, please. *Open to the community. Available in Spanish in South Sacramento.*

Sessions: One 1.5-hour session

Fee: No fee for members; \$30 nonmembers

Registration:

Roseville **916-784-4050**

Sacramento **916-614-4040**



“Now, I can do anything!”

—Areej, kept off 52 pounds¹

TRANSFORM

your habits
your health
your life

KAISER PERMANENTE MEDICAL WEIGHT MANAGEMENT PROGRAM

It’s time for something different

Our 82-week Medical Weight Management Program is designed for people who have at least 40 pounds to lose. It features low-calorie meal replacement, medical supervision by Kaiser Permanente clinicians, and weekly support groups.

More than a diet, it’s a chance to change your life.

- Lose an average of 40 pounds in 4 months²
- Reduce reliance on medications
- Lower blood pressure and cholesterol
- Manage sleep apnea and joint pain
- Gain control of diabetes

Elk Grove Medical Offices
9201 Big Horn Blvd.
Elk Grove, CA 95758
916-478-5125

Point West Medical Offices
1650 Response Road
Sacramento, CA 95815
916-614-4018

Roseville Medical Offices – Riverside
1001 Riverside Ave.
Junction Building
Roseville, CA 95661
916-614-4018

Sign up for a free orientation at kphealthyweight.com/weightorientations.

¹ Results not typical. Individual results may vary. Average weight loss is 48 pounds in 30 weeks. This patient’s weight recorded at week 62.

² Based on actual weights of 4,223 participants at week 17 of the program (as of 6/2012).

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under Health Plan. If you are a Health Plan member, please check your *Evidence of Coverage*.

Healthy Eating, Active Living for Teens Overview

Health Promotion/Health Education Department

Teens 12 to 17 years old can learn to eat well, feel good, and be fit. We'll emphasize positive body image, good nutrition, and regular physical activity as ways to feel good both inside and out. Teens only, please. *Open to the community.*

Sessions: One 1.5-hour session

Fee: No fee for members; \$30 nonmembers

Registration:

Roseville **916-784-4050**

Sacramento **916-614-4040**

South Sacramento **916-688-2457**

Nutrition Counseling

Health Promotion/Health Education/
Nutrition Services Department

Your physician may refer you for individual nutrition consultations for medical conditions that require dietary changes. Individual appointments are not available for weight management only. For help with weight management, please see our Weight Management classes starting on page 44. *Members only. Available in Spanish in South Sacramento.*

Sessions: Ongoing

Fee: Office visit cost share

Information: Referral required.

Davis, Folsom, Rancho Cordova, Roseville, and Sacramento

916-614-4979

South Sacramento

916-688-2457

Nutrition Advice Line

Health Promotion/Health Education Department

Get advice from a registered dietitian. Call anytime to leave a message and receive a call back within two business days. *Members only. Available in Spanish in South Sacramento.*

Fee: No fee

Message line:

Davis, Folsom, Lincoln, Rancho Cordova, Roseville, and Sacramento

916-614-4979

South Sacramento

916-688-2457

Orthopedics/ Back Care

Back Care Solutions

Rehabilitation Services Department

This class focuses on lower-back pain. You'll learn about anatomy, posture, ways to help reduce discomfort, and how to prevent future injuries. *Members only.*

Sessions: One session

Fee: No fee

Registration:

Lincoln **916-543-5165**

Rancho Cordova **916-631-2060**

Roseville **916-784-5444**

Sacramento **916-614-4010**

Carpal Tunnel Syndrome

Orthopedics Department –
Musculoskeletal Services

This class covers self-care for pain relief as well as biomechanics and ergonomics for preventive care. *Members only.*

Sessions: One 2-hour session

Fee: Office visit cost share may apply

Registration: Referral required.

Sacramento **916-973-5275**

Heel Pain

Orthopedics Department –
Musculoskeletal Services

In this class, we will discuss the causes and treatment of heel pain, and self-care tools for management of this condition. *Members only.*

Sessions: One 2-hour session

Fee: Office visit cost share may apply

Registration: Referral required.

CALL US FOR MEMBER SERVICES

For answers to all of your benefits questions, call our Member Service Contact Center, 24 hours a day, seven days a week. Closed holidays; closed at 5 p.m. the day after Thanksgiving, Christmas Eve, and New Year's Eve.

English **1-800-464-4000**

Spanish **1-800-788-0616**

Chinese dialects **1-800-757-7585**

TTY **1-800-777-1370**

Roseville **916-784-4045**

Sacramento **916-973-5275**

South Sacramento **916-688-2030**

Shoulder Impingement

Orthopedics Department—
Musculoskeletal Services

If you have shoulder impingement syndrome with tendonitis, take this class to learn about the anatomy and function of the shoulder, as well as how to care for your shoulder at home. This class is not for shoulder arthritis or frozen shoulder. *Members only.*

Sessions: One 2.5-hour session

Fee: Office visit cost share may apply

Registration: Referral required.

Roseville **916-784-4045**

Sacramento **916-973-5275**



Managing Your Back Pain

Managing Your Back Pain is an online program that helps you reduce your back pain and return to your normal activities. This program demonstrates exercises to strengthen your back as well as positions that reduce stress on your back. It also provides tips to help you prevent future flare-ups. Find this feature at kpdoc.org/backpainprogram.

Pain Management

Acupuncture

Acupuncture can be effective for treating some chronic pain conditions such as headaches, as well as muscle pain caused by injury or overuse. *Open to the community.*

Sessions: Ongoing

Fee: Varies

Information: In greater Sacramento, call **1-877-335-2746**. Or visit kp.org/choosehealthy.

These products and services are provided by entities other than Kaiser Permanente. Some Kaiser Permanente benefit plans include coverage for certain of these discounted services. Plan benefits must be used before those discounted services are available. Check your *Evidence of Coverage* for details. Kaiser Permanente disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Contact Center at **1-800-464-4000**.



Managing Your Headaches

With our free online Managing Your Headaches program, you can learn about headache types and triggers, and discover ways to help manage and prevent them. Find this feature at kpdoc.org/headachesprogram.



Pain Management Series

Pain Management Program

Designed to help you deal with chronic musculoskeletal pain conditions, this class focuses on relaxation and behavior change strategies. We'll cover movement, stretching, and strengthening exercises as well as acupressure, guided imagery, and developing a positive attitude. *Members only.*

Sessions: Eight 2-hour sessions

Fee: No fee

Registration: Referral required.

Roseville and Sacramento

916-771-6667

Essential Skills for Pain Management

Pain Management Program

This program addresses the impact that pain has on emotions, thoughts, sleep, and behavior. It includes interventions designed to help you move your life forward in meaningful ways. The program includes physical therapy and psychological training. *Members only.*

Sessions: Four 2-hour sessions

Fee: No fee

Registration: Referral required.

South Sacramento **916-688-6825**

Pain Medication Education

Behavioral Health Education

If you're taking or considering opiates to treat chronic, noncancer pain, come learn how opiates work. We'll discuss the benefits, risks, and side effects of pain medication. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Roseville and Sacramento

916-979-3523

Temporomandibular Joint (TMJ) Syndrome

Head and Neck Surgery Department / Rehabilitation Services

You can take control of TMJ and learn how to manage the condition in this informative class. *Members only.*

Sessions: One session

Fee: No fee

Registration: Referral required.

Roseville, Sacramento, and South Sacramento—contact your provider

Parenting

Healthy Kids Online Newsletter

Connect to physician-recommended information, tips, and resources to help you raise a healthy toddler to become a thriving preteen. Each newsletter is customized for your child's specific age and stage of development. Subscribe for free at kpdoc.org/parentnewsletters.

Toddler Parenting

Pediatrics Department

Learn to manage the unique challenges of parenting your toddler (ages 15 months to 3 years), including temper tantrums, picky eating, and toilet training. For parents only. *Members only.*

Sessions: One session

Fee: \$10

Registration:

Elk Grove (Promenade) **916-688-6258**

Healthy Teens Online Newsletter

Some things have changed since you were a teenager. Our Healthy Teens monthly newsletter can connect you to information, tips, and resources to help you raise a healthy teen to become a thriving adult. Subscribe for free at kpdoc.org/parentnewsletters.

Physical Fitness

Moderate exercise is safe for most people, but you should talk to your doctor before starting any exercise program, especially if you have an ongoing condition or injury. With all forms of exercise, it's wise to start slowly, listen to your body, and increase intensity gradually.

10,000 Steps®*

Get out of the house, get moving, and improve your heart health with this online walking program. Visit kp.org/10000steps today to learn more and start walking your way to better health.

*10,000 Steps® is a registered trademark of HealthPartners, Inc.

Body Composition Testing

Health Promotion/Health Education Department

Stop by your local Health Education Center for free body composition testing, which calculates your body fat percentage and body mass index. *Open to the community.*

Drop-in locations: Davis, Elk Grove (Big Horn), Elk Grove (Promenade), Folsom, Rancho Cordova, Roseville, Sacramento, and South Sacramento; Mon–Fri, 9 a.m.–5 p.m. (closed 12:30–1:30 p.m. in Folsom and Rancho Cordova)

Fee: No fee

Chi Gong

Learn this ancient form of standing meditation that focuses on slow movements as a form of body energy cultivation. Chi gong promotes good health, vitality, peace of mind, emotional relaxation, and balance in body, mind, and spirit. *Open to the community.*

Sessions: Four sessions;

drop-ins welcome

Fee: \$28 members; \$32 nonmembers

Registration:

South Sacramento **916-423-2913**

Move to Thrive: Walking and Activity Program

Chronic Conditions Management Department

This light exercise program focuses on walking and chair exercise videos, and is for anyone wishing to be more active. *Members only.*

Sessions: Ongoing; 1-hour sessions

Fee: No fee

Registration:

Folsom **916-817-5334**

Lincoln **916-543-5407**

Rancho Cordova **916-631-2329**

Roseville **916-746-4581**

Sacramento–Fair Oaks **916-480-6733**

Sacramento–Point West **916-973-6460**

Pilates

Health Education Department

Pilates combines stretching and strengthening movements with a focus on breathing, posture, and proper alignment. Please bring an exercise mat and wear clothes that allow you to move comfortably. *Open to the community.*

Sessions: Single-session or package of four sessions

Fee: \$10 per session; \$28 package for members, \$32 for nonmembers

Registration: Elk Grove (Big Horn)

916-478-5680



considering in vitro fertilization?

Let us help you expand your family

You want to start a family, but it hasn't been easy. When you're searching for a solution, consider Kaiser Permanente. We offer in vitro fertilization (IVF) treatment to both members and nonmembers. You'll receive care from a compassionate team of skilled physicians and medical specialists with proven success.*

Register for a free informational seminar at kpivf.com.

Kaiser Permanente Center for Reproductive Health
Point West Medical Office Building
1650 Response Road, Suite 1A
Sacramento, CA 95815
916-614-5200

Your health, well connected

As a Kaiser Permanente member, you have the added confidence of knowing you're being cared for by a medical team familiar with your medical history and your unique needs.

kpivf.com

*For IVF success rates, visit sart.org/find_frm.html or cdc.gov/art/artreports.htm.

Many Kaiser Permanente members have coverage for the diagnosis and treatment of infertility, and some members have coverage for in vitro fertilization (IVF) procedures if IVF is listed as a covered benefit in the *Evidence of Coverage* for their Kaiser Permanente health benefit plans. Otherwise, the services described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Tai Chi

Health Education Department

The Chinese practice of tai chi combines steady, flowing movements and deep breathing to promote flexibility, circulation, and balance. It may also help reduce stress, pain, and other symptoms of ongoing conditions. People of all ages and fitness levels are welcome to participate. *Open to the community.*

Sessions: Four sessions; drop-ins welcome

Fee: \$28 members; \$32 nonmembers

Registration: South Sacramento
916-423-2913

Yoga

Health Education Department

The practice of Hatha yoga provides physical and emotional centering, increased endurance and stamina, postural alignment, and maximized energy. *Open to the community.*

Sessions: Four sessions

Fee: \$20 members; \$25 nonmembers

Registration: South Sacramento
916-241-9620

Zumba

Health Education Department

Are you ready to party yourself into shape? That's exactly what Zumba is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health! *Open to the community.*

Sessions: Single-session or package of four sessions

Fee: \$7 per session; \$20 package for members, \$24 for nonmembers

Registration: South Sacramento
916-688-2428

Online Health Coach: Let's Get Physical

Become more physically active and find the motivation and tools needed to make lasting health changes. You'll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

Pregnancy

Prenatal Care

Early registration is recommended for all childbirth classes. Space is limited and not guaranteed.

And Baby Makes Three

Women's Health Department

Many couples experience stress and conflicts in their relationships when they bring their newborn home. This class will help establish the skills necessary to maintain your relationship with your partner and help you become a better parent. *You can take this class during pregnancy or up to 6 months after your baby is born. Members only.*

Sessions: Two 6-hour Saturday sessions or four 3-hour evening sessions

Fee: Call for fee

Registration: Roseville and Sacramento
916-631-2027

Coping During Pregnancy Support Group

Women's Health Department

This group is for pregnant women facing stressors such as depression, anxiety, relationship stress, and/or work-related stress. Focus is on developing effective and active coping skills such as behavior change, enhanced communication, problem solving, and improved self-care. *Members only.*

Sessions: Twice monthly

Fee: One-half of office visit cost share

Registration:

Roseville **916-474-2514**

Sacramento **916-614-4740**

Early Pregnancy

Women's Health Department

This class can help you understand and prepare for the physical and emotional changes you can expect in the first three months of your pregnancy. We'll discuss common discomforts and remedies, prenatal screening tests, and fetal development. We'll also offer tips for eating well, staying active, and keeping you and your baby healthy. *Take this class early in your first trimester. Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Elk Grove (Big Horn) and South Sacramento **916-688-2754**

Folsom, Roseville, and Sacramento
916-631-2027

Early Start Program

Women's Health Department

Get the individual support you need to quit using and/or stay off cigarettes, alcohol, and other drugs during your pregnancy. Call for a confidential, one-on-one appointment. *Members only.*

Sessions: Ongoing

Fee: No fee

Registration:

Davis, Folsom, Lincoln, Rancho Cordova, Roseville, and Sacramento
916-614-4434

Elk Grove (Big Horn) **916-478-5307**

South Sacramento **916-688-4280**

Emotional Well-Being During Pregnancy

Women's Health Department

This class is for women who are planning a pregnancy or are currently pregnant. Depression and anxiety are common problems during pregnancy and postpartum, yet many women suffer in silence and never receive help. Join us to learn about common perinatal emotional conditions and what you can do to cope. Partners and support persons welcome. *Open to the community.*

Sessions: One 1.5-hour session

Fee: No fee for members;
\$5 nonmembers

Registration:

Roseville and Sacramento
916-631-2027

PregnaFit

Rehabilitation Services Department

Find out how to stay fit during your pregnancy. Topics include posture and body mechanics, stretching, and aerobic exercise. You can attend any time during your pregnancy. *Members only.*

Sessions: One 1-hour session

Fee: No fee

Registration: South Sacramento
916-688-2754

Prenatal and Pregnancy Diabetes Program

Women's Health/Health Promotion/Health Education Departments

If you have diabetes and wish to become pregnant, or have developed diabetes during pregnancy, this program provides information to help you make informed decisions and better manage your health. Women who have been diagnosed with gestational diabetes will be referred by their ob-gyn. *Members only.*

Sessions: Weekly

Fee: No fee

Registration:

Roseville and South Sacramento
916-474-2539

Prenatal Diagnostics

Genetics Department

If you're an expectant mother, learn the basics about diagnostic tests, including amniocenteses and chorionic villus sampling (CVS), from a genetic counselor. *Members only.*

Sessions: One session

Fee: Office visit cost share

Registration: Sacramento
916-614-4075

MOTHER'S MILK IS BEST

Breast pumps and supplies

Breast pumps allow you to continue breastfeeding even after you return to work or engage in other activities. Come see our full line of breastfeeding products for rental or purchase.

Breast Pump Stations are located in the Health Promotion/Health Education Centers in the following greater Sacramento area locations, and in the Newborn Wellness Center in South Sacramento. For more information and hours of operation, call:

- Elk Grove (Promenade) (sales only) **916-544-6220**
- Folsom **916-817-5278**
- Rancho Cordova **916-631-2027**
- Roseville–Eureka Road **916-784-5775**
- Roseville–Riverside Ave. (sales only) **916-746-4513**
- Sacramento–Point West **916-614-4035**
- South Sacramento **916-688-2754**

Prenatal Yoga

Health Education Department

Gentle yoga helps alleviate physical discomfort and aids in reducing stress during pregnancy. In the nurturing environment of this class, prepare your body and mind for birth and beyond by learning postures, breathing techniques, meditation, and body awareness. This class is fine for all stages of pregnancy. *Members only.*

Sessions: Five-week sessions; ongoing

Fee: \$40

Registration:

Elk Grove (Big Horn) **916-688-2754**

Healthy Beginnings Online Newsletter

Connect to physician-recommended information, tips, and resources to help you care for yourself and your growing baby. Each newsletter is customized to your expected due date and gives you valuable information about pregnancy, childbirth, and preparing for your newborn. Subscribe for free at kpdoc.org/parentnewsletters.

Childbirth and Postpartum Care

Early registration is recommended for all childbirth classes. Space is limited and not guaranteed.

Beyond Breathing in Natural Childbirth

Health Education Department

This class is for expectant moms and their partners who are interested in learning about coping strategies for labor and birth without the use of pain medications. Learn effective techniques for reducing and managing pain through relaxation, visualization, and comfort tools available during your labor such as birth balls, labor tubs, and rocking chairs. *Previous attendance in a Prepared Childbirth class is required. Members only.*

Sessions: One 2-hour session

Fee: \$35

Registration:

South Sacramento **916-688-2754**



Cesarean Section

Women's Health Department

If you're anticipating a C-section, come learn what to expect, including preparation, anesthesia, and recovery. This class includes a tour of our Women and Children's Center, Labor and Delivery, and Postpartum areas. *Please bring only one adult support person.*

Members only.

Sessions: One 2-hour session

Fee: No fee

Registration:

Roseville **916-631-2027**

Labor and Delivery Hospital Tour

Women's Health Department

Not your first time having a baby, but haven't seen our hospital yet? Come and take a tour of our Labor and Delivery and Postpartum areas. We recommend that first-time parents take the Late Pregnancy and Hospital Tour class instead. *Take this class when you are 28 to 34 weeks pregnant.* Preregister when you are about 20 weeks pregnant. *Please bring only one adult support person.*

Sessions: One 1-hour session

Fee: No fee

Registration:

Roseville **916-631-2027**

South Sacramento **916-688-2754**

Labor and Delivery Hospital Tour for Families

Women's Health Department

Big brothers, big sisters, and their families are invited to attend an informational class and tour designed to prepare them for the new baby's arrival. *Members only.*

Sessions: One 1-hour session

Fee: No fee

Registration:

Roseville **916-631-2027**

South Sacramento **916-688-2754**

Late Pregnancy Class and Hospital Tour

Women's Health Department

This class is designed to help you and your partner get ready for the labor and delivery experience. You'll learn how to recognize the early signs of labor and when to call your doctor. We'll discuss what you can expect in the hospital, your options for pain management, and how to care for yourself after the baby is born. This class includes a tour of the labor and delivery area. This class doesn't take the place of Preparing for Childbirth. *Take this class when you are 28 to 34 weeks pregnant. Preregister when you are about 20 weeks pregnant. Please bring only one adult support person.*

Sessions: One 2.5-hour session

Fee: No fee

Registration:

Roseville **916-631-2027**

South Sacramento **916-688-2754**

Meet the Midwives

Women's Health Department

Our midwives work in partnership with women and their families to help prepare them for birth, support them during labor and delivery, and deliver babies. Learn more about the services they provide, get your questions answered, and meet the midwives you may see in the hospital on your big day! *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration: South Sacramento

916-688-2754

Mothers of Multiples

Women's Health Department

This class will help prepare you and your partner for the arrival of your multiples. The instructor will provide you with a tour of Labor and Delivery, including the location of the Neonatal Intensive Care Unit (NICU). You'll also receive information about managing life at home with your newborns. *Please register*

for this class in your first trimester. Attend this class when you are 24 to 32 weeks pregnant. Members only.

Sessions: One 2.5-hour session

Fee: No fee

Registration: Roseville **916-631-2027**

Pain Management Options for Labor

Anesthesia Department

In this class, we will discuss the medications and labor pain management options available for your birthing experience. *Take this class during your third trimester.* We also strongly recommend that you watch the *Preparing for Your Surgery (Emmi)* "Pain Relief for Childbirth" video through your ob-gyn's home page at kp.org/mydoctor. *Members only.*

Sessions: One 1.5-hour session

Fee: No fee

Registration: Roseville **916-784-5367**

Preparing for Childbirth

Health Promotion/Health Education Department

Few events are more exciting than the birth of your baby. In this program, we'll teach you breathing and relaxation techniques to use during labor and delivery. We'll also discuss options for coping with labor, your birthing coach's role, hospital procedures, and what to expect before, during, and after delivery. Bring pillows or a mat as some of the exercises are performed on the floor. Early registration is recommended.

Take this class during the last three months of pregnancy. Members only.

Roseville and Sacramento locations

Sessions: One all-day Saturday session

Fee: Call for fee

Registration: **916-631-2027**

Elk Grove (Big Horn) and

South Sacramento locations

Sessions: Multi-evening sessions or one all-day Saturday session

Fee: Call for fee

Registration: **916-688-2754**

Preparing for Childbirth Refresher

Health Promotion Department

If this isn't your first baby but you'd like a childbirth refresher, take this class to review breathing and relaxation techniques and learn about the latest developments in labor and delivery. *Take this class during your last trimester. Open to the community.*

Sessions: One 2.5-hour session

Fee: \$35 members; \$50 nonmembers

Registration: Roseville **916-631-2027**

Postpartum Conditions Group

Women's Health Department

This is a support group for new mothers who are experiencing depression or anxiety. Focus is on adaptive coping, making use of available resources, and healthy communication. Newborns welcome. Pregnant women are also welcome to attend. *Members only* in Roseville and Sacramento; *open to the community* in South Sacramento.

Roseville and Sacramento locations

Sessions: Weekly drop-in

Fee: One-half of office visit cost share

Registration:

Roseville **916-474-2514**

Sacramento **916-614-4740**

South Sacramento location

Sessions: Drop-in 1st and 3rd Wednesday of each month

Fee: No fee

Registration: **916-688-2317**

Young Mothers Pregnancy Program

Women's Health Department

These classes are for young moms (19 and younger) to learn about pregnancy and all the changes and feelings they can expect. Topics include postpartum care, parenting, child safety, and more. *Members only.*

Sessions: Four sessions

Fee: No fee

Registration:

Roseville and Sacramento

916-614-5152

Young Mothers Prepared Childbirth Education

Women's Health/Health Promotion/
Health Education Departments

For expectant moms 19 or younger. Learn about relaxation and breathing techniques, comfort measures for labor, the role of the labor coach, epidurals, cesarean sections, and hospital procedures. *Preregister by your 20th week of pregnancy. Please bring one support person with you. Members only.*

Sessions: One all-day Saturday session

Fee: No fee

Registration:

Roseville, Sacramento, and
South Sacramento
916-614-5152

Newborn Care and Breastfeeding

Early registration is recommended for all childbirth classes. Space is limited and not guaranteed.

Breastfeeding

Health Promotion/Health Education
Department

Studies show that breastfeeding offers many health benefits for you and your baby. In this class, you'll learn how to position your baby for nursing, how to tell if your baby is getting enough milk, and ways to prevent common breastfeeding discomforts and challenges. *This class should be taken during pregnancy. Members only.*

Sessions: One session

Fee: No fee

Registration:

Elk Grove (Big Horn) and South
Sacramento **916-688-2754**
Folsom, Roseville, and Sacramento
916-631-2027

Breastfeeding Advice Line

Get help with concerns about milk supply, how to tell if your baby is getting enough milk, challenges with returning to work, using a breast pump, and more. We can help give you the support and

reassurance you need. *This is a 24-hour message line. A lactation consultant will return your call. Members only.*

Fee: No fee

Information:

Greater Sacramento area **916-784-4150**
South Sacramento area **916-688-6676**

Infant Safety/CPR

Health Promotion/Health Education
Department

Help keep your baby safe by learning essentials such as baby-proofing your home, car seat safety, and preventing burns, falls, choking, and other hazards. The class includes an infant CPR workshop based on the American Heart Association's guidelines. *Members only.*

Sessions: One session

Fee: \$54

Registration:

Roseville and Sacramento
916-631-2027
South Sacramento **916-688-2754**

Little Sprouts NICU Parent Support Group

Social Work Department

This group is led by the Perinatal Social Work Team and is for current NICU parents and parents of NICU graduates. Join other NICU parents for support and to share your experiences. *Members only.*

Sessions: Every 3rd Thursday, 3:30–5 p.m.

Fee: No fee

Registration: Call **916-474-7825**.

Mommy and Me Network

Health Promotion/Health Education
Department

New moms and their babies can make new friends at this weekly support group facilitated by a lactation educator. Discussion topics include infant behavior, caring for yourself, responding to your infant's cues, breastfeeding, and more. *Members only.*

Sessions: Weekly drop-in

Fee: No fee

Registration:

Elk Grove (Big Horn) **916-688-2754**
Folsom **916-817-5278**
Roseville and Sacramento
916-631-2027

Newborn Care

Health Promotion/Health Education
Department

Wouldn't it be nice if babies came with instruction manuals? In this class, we'll teach you the information and skills you need to feel confident about caring for your newborn. We'll cover topics such as feeding, bathing, diapering, and when to call your physician. *This class should be taken during pregnancy. Members only.*

Sessions: One session

Fee: No fee

Registration:

Folsom, Roseville, and Sacramento
916-631-2027
Elk Grove (Big Horn) and
South Sacramento **916-688-2754**



Healthy Babies Online Newsletter

Connect to physician-recommended information, tips, and resources to help you through your baby's first year—all customized to your child's age and stage of development. Subscribe for free at kpdoc.org/parentnewsletters.

Respiratory Health and Breathing

Understanding Your Asthma

Chronic Conditions
Management Department

Learn what triggers can cause asthma flare-ups, and how to avoid flare-ups or reduce their impact. We also cover the different types of asthma medications and how and when to use them. Please bring your asthma medications, peak flow meter, and AeroChamber spacer to class. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Folsom **916-817-5200**
Roseville **916-784-4050**
Sacramento–Fair Oaks **916-973-5243**
Sacramento–Point West **916-614-4040**

Understanding Your Child's Asthma

Pediatrics Department

Taking care of a child with asthma can be challenging, but knowing how to avoid asthma triggers and manage symptoms can make it a lot easier. This class will help you recognize warning signs and learn to use a peak flow meter. It also covers the various types of asthma medications and how to use a spacer. Children 7 or older, teens, and parents or caregivers are welcome to attend. *Members only.*

Sessions: One session; monthly

Fee: No fee

Registration:

Roseville–Sierra Gardens **916-784-4190**
Sacramento **916-614-4060**



Understanding Your Child's Asthma Video

Learn skills to manage your child's asthma and help prevent flare-ups at home. Find this video through your doctor's home page at kp.org/mydoctor.

COPD Care Management Program

Chronic Conditions
Management Department

If you have chronic obstructive pulmonary disease (COPD), a nurse care manager can work with you to help you manage lifestyle changes, monitor medication adjustments, and connect you to available resources so that you can control your condition and enjoy better health. *Members only.*

Sessions: Ongoing

Fee: No fee

Registration: Referral required.

Davis, Folsom, Rancho Cordova,
or Sacramento–Point West
916-631-2475

Lincoln, Roseville, or
Sacramento–Fair Oaks
916-746-3485

COPD Pulmonary Rehabilitation Program

Chronic Conditions
Management Department

Learn more about your condition and how to make lifestyle changes to help improve your quality of life. Participate in monitored exercises to improve circulation and strengthen the muscles that help make your breathing easier. *Members only.*

Sessions: 12 classes per session

Fee: No fee

Registration: Referral required.
Roseville **916-784-4373**

Evaluating Your COPD

Chronic Conditions
Management Department

Learn about effective techniques and medications that can help you better manage the symptoms of chronic

obstructive pulmonary disease (COPD). Support persons are encouraged to attend. *Members only.*

Sessions: One 1.5-hour session

Fee: No fee

Registration:

Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento–Fair Oaks **916-973-5243**

Sacramento–Point West **916-614-4040**

Pulmonary Wellness Program

Chronic Conditions
Management Department

This program combines lectures and exercise to help patients with COPD manage breathing problems and get in better physical shape. *Members only.*

Sessions: 12 sessions

Fee: No fee

Registration: Referral required.

South Sacramento **916-688-6090**

Senior Health

Healthy Aging Series

Health Promotion/Rehabilitation
Services Departments and Elder Care/
Social Work Services Department

This three-part series is designed to promote the health and well-being of seniors. You can participate in any or all of the following classes. *Members only.*

Safety: Fall Prevention and Balance

Learn practical tips and techniques for reducing your risk for falls, as well as how to improve balance.

Memory Gain

Learn how your memory works, and how to enhance your overall cognitive functioning through memory tools and activities. This class is not appropriate for those diagnosed with Alzheimer's or dementia.

Care Options for Seniors

Come learn about options for in-home assistance, alternative living arrangements, and available resources.

Sessions: One session per topic

Fee: No fee

Registration:

Roseville and Sacramento

916-784-5775

Smoking Cessation

Freedom from Tobacco Series

Health Promotion/Health Education
Department

Declare your freedom and join our tobacco-cessation program. Learn about the nature of nicotine addiction, how to develop a personal quit plan that includes effective strategies and medications, and how to deal with withdrawal. *Members only.*

Sessions: Six 2-hour sessions

Fee: No fee

Registration:

Elk Grove (Big Horn) **916-478-5680**

Roseville and Sacramento

916-746-4369

South Sacramento **916-688-2428**

Quit Tobacco Workshop

Health Promotion/Health Education
Department

This one-session workshop is designed to help you develop your own quit plan. In a positive, no-pressure environment, learn about the nature of addiction, cessation strategies and medications, and ways to prevent relapse. *Members only.*

Sessions: One 3-hour session

Fee: No fee

Registration:

Elk Grove (Big Horn) **916-478-5680**

Folsom, Roseville, and Sacramento

916-746-4369

South Sacramento **916-688-2428**

Quit Tobacco Medications

Need help quitting smoking or tobacco? Quitting cold turkey can be tough. Visit kpdoc.org/tobaccomedications to learn about medications that can help you feel better and cope with withdrawal symptoms.

HealthMedia® Breathe®

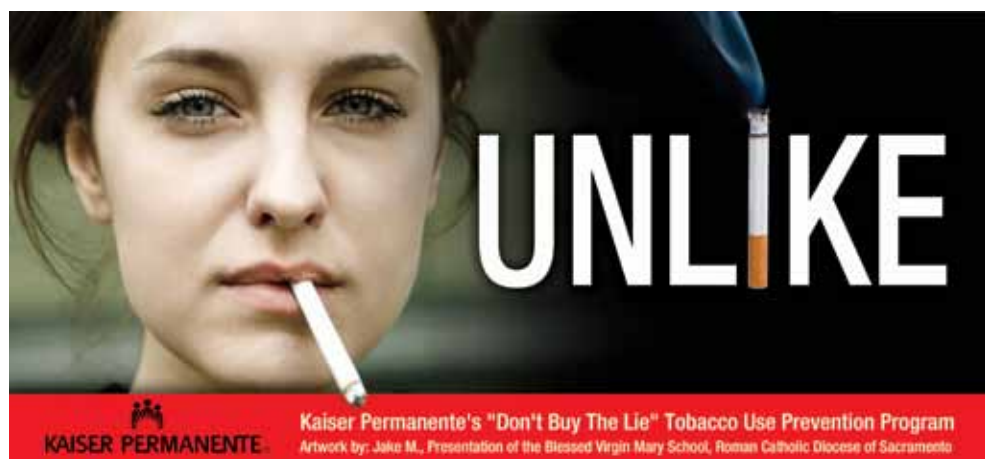
Explore your own motivations for quitting and make a personalized quit plan with this award-winning online tool. From the convenience of your own computer, you can explore your motivations for quitting as well as your challenges. *Breathe* can help you identify a plan and provide follow-up support by email once you are done. Find this feature at kp.org/healthylifestyles.

ANTI-TOBACCO BILLBOARDS

This anti-tobacco billboard is Presentation of the Blessed Virgin Mary School's winning entry in Kaiser Permanente's Don't Buy the Lie contest for 2012.

The winning high school entry, by a student at Woodcreek High School, is on page 18 of this catalog.

Since 1994, Kaiser Permanente has sponsored this annual contest for high school and middle school students in Sacramento, Placer, and Yolo counties. The program includes educational materials that are sent to teachers, and the billboard contest focuses on developing messages to counter the pro-tobacco influences that our youth face today. Please visit our website at kp.org/dontbuythelie for more information on this program and to see winners from past years.



Kaiser Permanente's "Don't Buy the Lie" Tobacco Use Prevention Program
Artwork by Jake M., Presentation of the Blessed Virgin Mary School, Roman Catholic Diocese of Sacramento

 KAISER PERMANENTE®

Stress Reduction

Mind-Body Medicine for Stress

Behavioral Health
Education Department

Emotions, thoughts, and behaviors can affect your health. In this series you'll learn to recognize the sources of stress in your life and how to manage stress-related symptoms and illnesses. You'll also learn ways to relax and develop healthy lifestyle habits to take better care of yourself and enjoy life more. Prerequisite: Pathways to Emotional Wellness. *Members only.*

Sessions: Eight sessions

Fee: No fee

Registration:

Folsom, Rancho Cordova, Roseville, and Sacramento **916-973-7315**
South Sacramento **916-525-6100**

Mindfulness Meditation

Behavioral Health
Education Department

This class teaches you how to use meditation to increase life satisfaction, promote wellness, and cope with medical illness. *Members only.*

Sessions: Four sessions

Fee: Varies

Registration: Folsom, Roseville, and Sacramento **916-973-7315**

South Sacramento **916-525-6100**



Online Health Coach: Stress Less

Learn to relax and find the motivation and tools needed to make lasting health changes. You'll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

Weight Management

Healthy Eating and Label Reading

Nutrition Services Department

This class will help you understand how to interpret food labels in order to make healthy choices when shopping for food. General healthy eating guidelines and portion sizes will also be discussed. Please bring any food labels to class that you would like help reading. *Open to the community.*

Sessions: One session

Fee: No fee

Registration:

Elk Grove (Big Horn) and South Sacramento **916-688-2457**

Healthy Weight Program

Health Promotion/Health Education Department

Find a healthy balance with this program designed to help you adopt healthier lifestyle habits. Share ideas, discuss challenges, and get support from others. Discussion topics include physical activity, nutrition, stress management, positive thinking, and setting up a supportive environment. Classes are offered in person and online (using a phone and a computer with Internet access). *Open to the community.*

Sessions: Ten sessions; call for dates and times

Fee: \$75

Information:

Elk Grove (Big Horn) **916-478-5680**

Roseville and Sacramento

916-614-4980 or **916-480-6563**

South Sacramento **916-688-2428**

Get started with a wellness coach.

Your coach can help you develop a healthy weight plan, discuss resources available to you, and help you decide if the Healthy Weight Program is for you. Call **1-866-251-4514** to make an appointment.



In the Kitchen with Carole

In this audio series, Carole Bartolotto, a registered dietitian at Kaiser Permanente, will guide you through your kitchen to identify unhealthy foods and healthier alternatives. Find this podcast through your doctor's home page at kp.org/mydoctor.

Managing Your Weight

Health Promotion/Health Education Department

Losing weight and keeping it off requires more than just cutting calories. Learn the latest research on weight loss, how to get started, how to keep it off, and about various programs Kaiser Permanente offers that support healthy lifestyle choices for successful, long-term weight loss. *Open to the community.*

Sessions: One 1.5-hour session

Fee: No fee for members; \$30 nonmembers

Registration:

Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento **916-614-4040**

South Sacramento **916-688-2106**

Medical Weight Management Program

Health Promotion/Health Education Department

This program may be the answer if you have at least 40 pounds to lose. It can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The 82-week program features low-calorie meal replacements, medical monitoring by a team of Kaiser Permanente medical professionals, and weekly behavior-change strategy sessions. Join us for a free, one-hour information session to find out more about this program. *Open to the community.*

Sessions: Minimum 82-week program

Fee: Orientation sessions are free

Registration: Visit kphealthyweight.com for more information, or call Elk Grove (Big Horn) **916-478-5125**

Roseville and Sacramento

916-614-4018

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under Health Plan. If you are a Health Plan member, please check your *Evidence of Coverage*.



Online Health Coach: S.M.A.R.T. Eating

Improve your eating habits and find the motivation and tools needed to make lasting health changes. You'll receive short video coaching sessions via email, along with tips and support materials to help you stay on track. Find this feature at kpdoc.org/healthcoach.

Resting Metabolic Rate Testing

Health Promotion/Health Education Department

Your metabolism might affect your efforts to lose weight. Come take a simple resting metabolic rate test and learn how many calories you need to burn to lose weight and maintain health. A health educator will help you use your test results to set individual goals and discuss effective ways to help you achieve those goals. *Open to the community.*

Sessions: One session

Fee: \$50 members; \$75 nonmembers; \$10 off for Healthy Weight Program and Solution for Weight Management participants

Registration:

Elk Grove (Big Horn) **916-478-5680**

Elk Grove (Promenade) **916-544-6220**

Folsom **916-817-5278**

Roseville **916-784-5775**

Sacramento **916-614-4035**

South Sacramento **916-688-2428**



KP.ORG

Stay engaged with your family's health and simplify your busy life with My Health Manager on kp.org. Just register at kp.org/register and you can use this tool to email your doctors with routine questions, schedule routine appointments, and order prescription refills for yourself and your family.

Please note that when acting for a family member, not all health information may be displayed due to laws governing the privacy of some types of health information. Available when receiving care/filling prescriptions at Kaiser Permanente facilities.

Solution for Weight Management

Health Promotion Department

Learn about the latest neuroscience tools to rewire your “feeling brain”—the center of your emotions, pleasure drives, and stress—to promote balance and reduce overeating. This method can result not only in changes in eating behavior, but in freedom from a whole range of stress symptoms, including overspending, overworking, smoking, alcoholism, depression, relationship problems, and more. *Open to the community.*

Sessions: Twelve 2-hour sessions

Fee: \$300

Registration: Sacramento and Folsom
916-614-4980 or **916-480-6563**

Weight Loss Surgery: Introductory Seminar

Health Education Department

Find out what it takes to successfully lose weight after weight loss surgery. This class will introduce the surgery process and emphasize the changes you must make before and after your procedure. Determine how ready you are to make a major lifestyle change. This class is a required first step for anyone interested in a referral for weight loss surgery. *Members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Folsom **916-817-5278**

Roseville **916-784-5775**

Sacramento **916-614-4035**

South Sacramento **916-688-2428**

Weight Management

Information Line

Health Promotion/Health Education Department

Get up-to-date information and resource listings for weight management programs. *Open to the community.*

Sessions: Ongoing

Fee: No fee

Information:

Greater Sacramento **916-614-4980**

Weight Management

Support Group

Nutrition Services Department

This group focuses on staying motivated, balancing good nutrition and taste, and mindful eating approaches. Participants are encouraged to set goals and focus on successes. This group is facilitated by a registered dietitian. *Members only.*

Sessions: Monthly

Fee: No fee

Registration: Sacramento

916-480-6563

Women's Health

Female Sexual Health

Women's Health Department

This class takes a mind-body approach to sexual health and gives practical recommendations for improving outlook and functioning. *Female members only.*

Sessions: One 1.5-hour session

Fee: No fee

Registration:

Sacramento **916-614-5152**

Menopause: Hot Flashes, Sexuality, and Hormones

Women's Health Department

We're here to help you understand this important transition in life and learn what to expect. We'll discuss what you can do to manage hot flashes, sleeplessness, headaches, and other symptoms. We'll also discuss the sexual changes menopause may bring and ways to maintain physical and emotional closeness in your relationship. Finally, this class covers the pros and cons of using hormone therapy and herbal remedies, and reviews ways to reduce risk of osteoporosis, heart disease, and cancer. *Female members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Folsom, Roseville, and Sacramento

916-784-4148

South Sacramento

916-688-2428

Pelvic Organ Prolapse Self-Management

Women's Health Department

If you feel pelvic or vaginal pressure, or experience pain or pressure in your lower abdomen or back, you may be suffering from pelvic organ prolapse. Come learn how to prevent or improve prolapse with exercise, posture, and lifestyle changes. *Female members only.*

Sessions: One 2-hour session

Fee: No fee

Registration:

Roseville and Sacramento

916-614-5152

Urinary Incontinence

Women's Health Department

Are you troubled by lack of bladder control or urinary incontinence? This overview addresses common causes and management options, including exercises, products, medications, and surgery. *Female members only.*

Sessions: One session

Fee: No fee

Registration:

Roseville **916-784-4148**

Sacramento **916-614-4055**

South Sacramento **916-478-5355**

Women Affected by Family Violence and Abuse

Women's Health/Psychiatry Departments

If you're a woman affected by domestic violence, we have resources to help you. *Female members only.*

Sacramento location

Sessions: Ongoing

Fee: One-half of office visit cost share per session

Information: **916-614-4740**

South Sacramento location

Sessions: Ongoing

Fee: Office visit cost share per session

Information: **916-525-6100**

Alimentos saludables y vida activa para niños y familias: Descripción general

La alimentación saludable y los hábitos de ejercicio comienzan con la familia. Estamos a su disposición para ayudarlo a usted y a sus hijos de edad escolar a desarrollar juntos un estilo de vida saludable. En esta descripción general trataremos la nutrición básica y las estrategias sobre cómo aumentar la energía y los ejercicios físicos con actividades para que pueda disfrutar toda la familia. Los padres necesitan asistir con sus hijos y podrán aprender cómo ser modelos de salud. *Sólo miembros.*

Sesiones: una sesión de 2 horas

Costo: gratis

Ubicación:

South Sacramento **916-688-2758**

Como mantener un peso saludable

Descubra las diferentes maneras que usted puede mantenerse saludable y formar un plan de alimentación y actividad física que le puede ayudar a vivir bien. *Sólo miembros.*

Sesiones: una sesión de 1 hora y media

Costo: gratis

Ubicación:

South Sacramento **916-688-2758**

Prediabetes

La prevención de la diabetes comienza con un estilo de vida saludable: alimentarse bien, realizar más ejercicios y adquirir los conocimientos necesarios. Este curso le permitirá tomar el control de su salud y aprender cómo reducir el riesgo de diabetes y sus complicaciones. *Sólo miembros.*

Sesión: una sesión de 1 hora y media

Costo: gratis

Ubicación:

South Sacramento **916-688-2758**

Datos básicos sobre la diabetes

Podrá sentirse mejor y mantenerse activo y saludable cuando aprenda algunos datos básicos sobre el control de la diabetes de tipo 2. En esta clase ofrecemos pautas generales de las cinco áreas clave para el control de la diabetes de tipo 2: alimentarse bien, hacer ejercicio, llevar el control de los niveles de azúcar en la sangre, usar correctamente los medicamentos y controlar el estrés. Traiga su monitor de glucosa a la clase. *Sólo miembros.*

Sesiones: una sesión de 2 horas

Costo: gratis

Ubicación:

South Sacramento **916-688-2758**

Cómo vivir bien con diabetes

Una vez que haya aprendido los datos básicos sobre el control propio de la diabetes, estará listo para avanzar al siguiente nivel. Aprenderá nuevas formas de tomar buenas decisiones de alimentos y de ejercicio, además de cómo normalizar los niveles de azúcar en la sangre y cómo controlar el estrés y las emociones relacionadas con la diabetes. *Sólo miembros.*

Sesiones: una vez al mes

Costo: gratis

Ubicación:

South Sacramento **916-688-2758**

La nutrición en la diabetes

Asista a esta clase avanzada de la diabetes para obtener consejos sobre cómo planificar comidas, contar carbohidratos y leer las etiquetas de los alimentos. Aprenda nuevas formas para prepararse sus comidas favoritas y disfrutar de comer alimentos sanos cuando vaya a restaurantes. Con la planificación adecuada y las opciones balanceadas, comer sanamente puede todavía saber muy bien. *Sólo miembros.*

Sesiones: una sesión de 1 hora y media

Costo: gratis

Ubicación:

Sacramento **916-614-5064**

South Sacramento **916-688-2525**

El colesterol y su corazón

¿Desea bajar sus niveles de colesterol pero no sabe dónde comenzar? Esta clase le ayuda a entender cómo una alimentación y actividades para un corazón sano pueden ayudar a reducir sus niveles de colesterol, mejorar su salud en general y reducir su riesgo de ataques cardíacos y accidentes cerebro vasculares. *Sólo miembros.*

Sesiones: una sesión

Costo: gratis

Ubicación:

South Sacramento **916-688-2758**

Consultas sobre nutrición

¿Tiene un problema de salud que puede mejorar con dieta? Ofrecemos consultas individuales con un nutricionista certificado. Debe remitirlo un médico. *Sólo miembros.*

Costo: varía

Ubicación:

South Sacramento **916-688-2525**

Consejos por teléfono sobre nutrición

¿Tiene preguntas sobre nutrición? Llame a la línea de información de nutrición (disponible las 24 horas del día) para hablar con una nutricionista. Puede dejarle un mensaje confidencial. Responderá a sus preguntas en un plazo de 2 días laborables. *Sólo miembros.*

Costo: gratis

Ubicación:

South Sacramento **916-688-2525**

INFORMACIÓN SOBRE LA SALUD EN ESPAÑOL

En el sitio kp.org/espanol encontrará información y consejos sobre la salud, todo en español. Si desea aprovechar nuestros programas HealthMedia® en español para los miembros, visite el sitio kp.org/vidasana.





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Kaiser Permanente Hearing Center

Roseville

2120 Professional Drive, Suite 220, Roseville, CA 95661
916-771-6680, 916-771-6676 (TTY)

Sacramento

3180 Arden Way, Sacramento, CA 95825
916-977-3277, 916-977-3282 (TTY)

South Sacramento

7300 Wyndham Drive
 Sacramento, CA 95823
916-525-6280, 916-525-6098 (TTY)

Your health, well connected

If you're a Kaiser Permanente member, the services you receive at our hearing centers are linked to your electronic health record. So every time you visit, your care team has a complete picture of your health.

kphearingcenters.com

Kaiser Permanente members have coverage for medically necessary hearing tests, and some members may have coverage for hearing aids. Otherwise, the services described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your health plan benefits, please see your *Evidence of Coverage*.

Photo of models shown, not actual patients.

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