

HEALTHY LIVING

classes + resources



A HEALTHY YOU

Greater Sacramento Area

Para información en español, vea las páginas 49 a 50.

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



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916-977-3277, 916-977-3282 (TTY)

South Sacramento

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Sacramento, CA 95823
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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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HEALTHY LIFESTYLE PROGRAMS

Take advantage of free, online wellness programs from HealthMedia®. Visit kp.org/healthylifestyles, choose a program, answer the question in the evaluation, and you'll be given a tailored program to fit your individual needs and goals. Five programs are available in Spanish—visit kp.org/vidasana for more information. To access these programs, registration on kp.org is required. Visit kp.org/registernow to get started.



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.

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend.

*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.



PAIR UP FOR YOUR HEALTH

Stay on top of your health, 24/7, with our two apps.

KP Preventive Care App

Get appointment reminders and preventive services alerts for you and your family, access your doctor's home page, and more.

Kaiser Permanente App

Email your doctor, schedule routine appointments, refill prescriptions, check lab results, and more.

Download both apps for free on your smartphone.

Certain features of the apps apply only to care you receive at Kaiser Permanente facilities. App Store is a service mark of Apple, Inc. Google Play is a trademark of Google, Inc.





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.
- **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.



Look for this symbol throughout the catalog to indicate online classes and programs.

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.* Class fee varies; call for details.

Sessions: One session

Registration: Roseville and Sacramento
916-905-0030
South Sacramento **916-481-4277**

Fall Prevention: Balance and Home Safety

Have you fallen recently? Do you feel off balance when you walk or climb stairs? In this class we talk about reasons why people tend to fall more as they age, review common home and environmental hazards, provide tips on how to make homes safer, and discuss the importance of exercises to build your balance, flexibility, and strength so you can prevent falls. *Members only.* No class fee.

Sessions: One session

Registration:
South Sacramento **916-688-2428**

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.* No class fee.

Sessions: One 2-hour session

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. Family members are welcome and strongly encouraged to attend. *Members only.* No class fee.

Sessions: One 2-hour session

Registration: Sacramento/Roseville area,
talk to your doctor or call **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.*

Office visit cost share per session.

Sessions: Varies

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.* No class fee.

Sessions: Ongoing; weekly

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.*

Office visit cost share per session.

Sessions: Ongoing

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.*

No class fee.

Sessions: Ongoing; weekly

Information: In greater Sacramento, call **916-454-1100** or visit **aaasacramento.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.* No class fee.

Sessions: Ongoing; weekly

Information: In Sacramento, call **916-469-6588** or visit **norcalca.com**.

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.*

Office visit cost share per session.

Sessions: Ongoing

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.*

No class fee.

Sessions: Ongoing; weekly

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.* No class fee.

Sessions: Weekly

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.

No class fee.

Sessions: Weekly

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.

No class fee.

Sessions: Weekly

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

Cancer

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.

No class fee.

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

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

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.*

Living with Cancer

For those with advanced-stage metastasis, or over a year since initial diagnosis.

No class fee.

Sessions: Ongoing

Registration: Roseville **916-474-2236**

Cancer Support Group

No class fee.

Sessions: Third Wednesday of each month

Registration: South Sacramento
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.*

No class fee.

Sessions: Monday, 4:30–6 p.m.

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

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.*

No class fee.

Sessions: One session

Registration:
South Sacramento **916-688-2428**

Dementia Behavior Management Workshop

North Valley Neurology Memory Clinic

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.*

No class fee.

Sessions: One session

Registration: Roseville and Sacramento
916-474-6386

Dementia Caregivers Support Group

North Valley Neurology Memory Clinic

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

No class fee.

Sessions: Ongoing

Registration: Roseville and Sacramento
916-474-6386

Dementia Care Management

Health Education

Learn skills to help you manage the tasks of caring for someone with dementia. We will also discuss techniques for managing difficult behaviors, and how important it is to care for you as well. *Members only.*

No class fee.

Sessions: One 1.5-hour session

Registration: South Sacramento
916-688-2428

Dementia Care Options and Financial/Legal Resources

Health Education

Caregivers can learn about legal tools, finances, and different types of care options for patients with dementia. *Members only.*

No class fee.

Sessions: One 1.5-hour session

Registration: South Sacramento
916-688-2428

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.*

No class fee.

Sessions: One 1.5-hour session

Registration: Roseville and Sacramento
916-746-4513

Sessions: One 4-hour session

Registration: South Sacramento
916-688-6915

Healthier Living with Ongoing Health Conditions

Health Promotion/Health Education Department

Living with an ongoing health condition like diabetes, heart disease, or arthritis can be challenging. But don't let symptoms keep you from doing the things you need and want to do.

No matter what your condition, you can learn from others' proven skills to manage physical and emotional symptoms to live a richer, fuller life. *Open to the community.*

This is a covered benefit for members; \$50 nonmembers.

Sessions: Six 2.5-hour sessions

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

Introduction to the Neurology Memory Clinic

North Valley Neurology Memory Clinic

This class will introduce the services and information offered by the North Valley Neurology Memory Clinic. We will discuss the difference between normal memory loss and the cognitive changes associated with progressive neurodegenerative dementia. Common physical, cognitive, mood, and behavioral changes associated with dementia will be explored, as well as current treatment options and their limitations. *Members only.*

No class fee.

Sessions: One session

Registration: Referral required.
Roseville and Sacramento
916-474-6386

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.* No class fee.

Sessions: One session

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.*

No class fee.

Sessions: One session

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.*

No class fee.

Sessions: One session

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

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.*

No class fee.

Sessions: One 2-hour session

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.*

No class fee.

Sessions: One 2-hour session

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**

Para preguntas en español, llame al **916-746-6734.**

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.*

No class fee.

Sessions: Monthly

Registration:

Roseville **916-771-6611**

South Sacramento **916-525-3101**

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.*

No class fee.

Sessions: One 3-hour session

Registration: Referral required.
Roseville and Sacramento
916-614-4807



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.

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.*

No class fee.

Sessions: One 3-hour session

Registration: Nephrologist referral required.

Roseville and Sacramento

916-614-4807



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.

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 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*.

Cosmetic Dermatology 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.*

\$45 esthetician consult fee;

\$50 nurse consult fee.

Sessions: Varies

Information: South Sacramento

916-688-2685

Cosmetic Services Presentations

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

No class fee.

Sessions: Ongoing

Registration: Sacramento

916-973-6100

Laser Hair Removal Seminar

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

No class fee.

Sessions: One session

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

Skin Care Seminar

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

No class fee.

Sessions: One session

Registration:
Rancho Cordova **916-631-2140**

Varicose Vein Treatment Seminar

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

No class fee.

Sessions: One session

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

Vascular Laser Treatment Seminar

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

No class fee.

Sessions: One session

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.

No class fee.

Sessions: Ongoing

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.*

No class fee.

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

Diabetes

Diabetes Basics

Chronic Conditions

Management Department

Feel better and be active and healthy by learning the basics of managing your type 2 diabetes. Explore the five key areas of type 2 diabetes management:

healthy eating, exercise, monitoring your blood sugar levels, proper use of medication, and managing stress.

Please bring your blood glucose meter to class. *Members only. Available in Spanish in South Sacramento (see page 49).*

This is a covered benefit for members.

Sessions: One 2.5-hour session

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**

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.*

This is a covered benefit for members.

Sessions: Ongoing

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**

Para preguntas en español, llame al **916-746-6734.**

Diabetes Nutrition

Health Promotion/Health Education Department

In this class, get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods as well as how to enjoy eating out healthfully. *Open to the community. Available in Spanish in South Sacramento (see page 50).*

This is a covered benefit for members; \$30 nonmembers.

Sessions: One 1.5-hour session

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**

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.*

This is a covered benefit for members.

Sessions: One 2-hour session

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**

Para preguntas en español, llame al **916-746-6734.**

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.*

No class fee.

Location 1: South Sacramento—
D.B. Moore Building, Front Street
Conference Room

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

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

Information: **916-688-2457**

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.*

No class fee.

Sessions: One 2-hour session

Registration:

Roseville **916-746-6778**

Sacramento **916-614-5262**

Para preguntas en español, llame al **916-746-6734.**



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

Take your diabetes self-management 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, while also learning to handle the stress and emotions related to diabetes. *Members only. Available in Spanish in South Sacramento.*

Topics in greater Sacramento include:

- Diabetes Refresher: Head to Toes
- Positively Healthy: The Power of Thoughts on Your Health
- Serving Up Health: Using Your Fork to Prevent and Manage Disease
- Stepping Forward—Diabetes Foot Care

Topics in the South Sacramento and Elk Grove areas include:

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

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

This is a covered benefit for members.

Sessions: Ongoing; 2-hour sessions

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**

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 reading labels to assist you with meal planning. Prerequisite: Diabetes Nutrition. *Open to the community.*

No class fee.

Sessions: One session

Registration:

- South Sacramento **916-688-2457**

Prediabetes

Chronic Conditions
Management Department

Learn how to help prevent or delay the onset of diabetes by eating well and exercising. These healthy lifestyle changes will help you take charge of your health to reduce your risk of diabetes and its complications. *Members only. Available in Spanish in South Sacramento.*

This is a covered benefit for members.

Sessions: One 2-hour session

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**

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.*

No class fee.

Sessions: One 1.5-hour session

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**

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.* Office visit cost share applies.

Sessions: One session

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

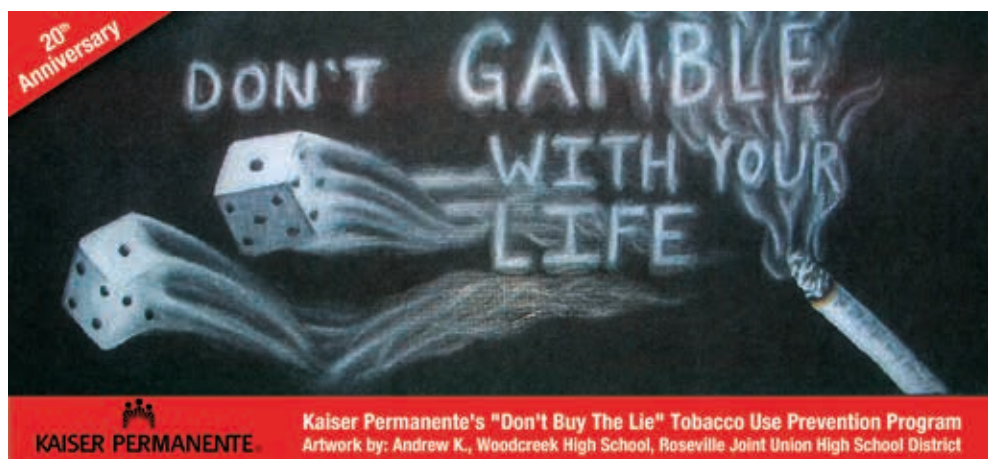
ANTI-TOBACCO BILLBOARDS

Don't Buy the Lie Program Celebrates 20 Years!

This anti-tobacco billboard is Woodcreek High School's winning entry in Kaiser Permanente's Don't Buy the Lie contest for 2013.

The winning intermediate school entry, by a student at Wilson C. Riles Middle School, is on page 43 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

 KAISER PERMANENTE®

information about costs and the options available. *Open to the community.*

No class fee.

Sessions: One session

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.*

No class fee.

Sessions: One session

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.*

No class fee.

Sessions: One 2-hour session

Registration:

Roseville and Sacramento

916-973-5355

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.*

No class fee.

Sessions: One 1.5-hour session

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.*

Office visit cost share applies.

Sessions: Vary

Registration:

Roseville **916-784-5648**

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.*

No class fee.

Sessions: One 1.5-hour session

Registration:

Roseville and Sacramento

916-973-5282

Cholesterol and Your Heart

Chronic Conditions
Management Department

Learn 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 (see page 50).

This is a covered benefit for members.

Sessions: One 2-hour session

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.*

No class fee.

Sessions: One 2-hour session

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.*

This is a covered benefit for members.

Sessions: Ongoing

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.

No class fee for members;

\$30 nonmembers.

Sessions: One 1.5-hour session

Registration:

Elk Grove (Big Horn) and
South Sacramento

916-688-2457

Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento **916-614-4040**

Para preguntas en español,
llame al **916-614-4807.**

Multifit

Chronic Conditions
Management Department

Were you recently hospitalized for a heart attack, angioplasty, or coronary artery bypass surgery? This 4- to 6-month outpatient 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.*

No class fee.

Sessions: Ongoing

Registration: Referral required.

Sacramento **916-480-6922**

South Sacramento—
contact your provider

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.*

No class fee.

Sessions: One 2-hour session

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**

Para preguntas en español, llame al **916-746-6734**.

High Blood Pressure

Blood Pressure Screening

Chronic Conditions Management Department

Blood pressure screening is available for free, Monday through Friday, at the following 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.–4:30 p.m.
- Elk Grove (Promenade), Med. PCP Station, 8:30 a.m.–4:30 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.–4:30 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 Hypertension) diet. You'll discover how to reduce sodium, eat more healthfully when dining out, and read food labels. *Members only.*

No class fee.

Sessions: One session

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.*

No class fee.

Sessions: One 1.5-hour session

Registration:

Sacramento **916-973-5380**

South Sacramento **916-688-6968**

HIV Antibody Testing

Infectious Diseases

Knowing your HIV status is an important part of staying healthy. Confidential HIV pre- and post-test counseling is available at the sites listed below. *Members only.*

Lab fee may apply. Call for details.

Drop-in locations:

- Elk Grove (Big Horn), Elk Grove (Promenade), and South Sacramento—visit any lab during regular hours to request an HIV test or pick up an HIV testing packet from Health Education. Call **916-688-2986** for more information.
- Sacramento—Station 2D, Tuesday, 5:30–8 p.m. or visit any lab during regular operating hours to request an HIV test. Call **916-973-6835** for more information.

By appointment:

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.*

Call for class fee.

Sessions: Ongoing

Registration:

Sacramento **916-973-5230**

South Sacramento **916-688-2986**

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.

Office visit cost share applies.

Sessions: One 2-hour session

Registration:

Roseville **916-784-4160**

Sacramento **916-973-5355**

Mental and Behavioral Health

Anger Management Overview

Behavioral Health Education

This introductory class discusses the anger cycle, triggers, and anger management skills. *This class does not satisfy the court-ordered treatment required for domestic violence. Members only.*

No class fee.

Sessions: One session

Registration: Folsom, Roseville, and

Sacramento **916-973-5300**

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

Office visit cost share per session.

Sessions: Five sessions

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

South Sacramento location

\$5 per session.

Sessions: Four sessions

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

Couples Communication Overview

Behavioral Health Education

This class is an introduction to the eight-week Couples Communication Series. Information on relationship dynamics will be discussed, as well as beginning skills to improve and strengthen relationships. *One partner in the couple must be a member.*

Call for fee information.

Sessions: One session

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

Couples Communication Series

Behavioral Health Education

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This series is specifically designed for couples in committed relationships. *One partner in the couple must be a member.*

Call for class fee.

Sessions: Eight sessions

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

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.*

Call for program fees.

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

Registration: Sacramento **916-480-6912**

Improving Your Sleep Series

Behavioral Health Education

Want to fall asleep quickly, stay asleep, and awaken feeling more refreshed? Improve the quantity and the quality of your sleep. Learn how nighttime habits and thinking patterns affect your sleep, and how to change both. This class does not address medical conditions that interfere with sleep, or the use of sleep medications. *Members only.*

No class fee.

Sessions: Five sessions

Registration:

Folsom, Roseville, and Sacramento
916-973-5300
South Sacramento **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.*

\$5 class fee.

Sessions: Two sessions

Registration:

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

Managing Anger Series

Behavioral Health Education

When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. Note: This series does not satisfy the court-ordered treatment required for domestic violence. *Members only.*

Roseville and Sacramento locations

No class fee.

Prerequisite:

Anger Management Overview

Sessions: Eight sessions

Registration: 916-973-5300

South Sacramento location

Call for class fee.

Sessions: Eight sessions

Registration: 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. *Members only.*

This is a covered benefit for members.

Sessions: One session

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. Learn how to think more positively, reduce stress, and manage your moods now and long after the class is over. *Members only.*

This is a covered benefit for members.

Folsom, Roseville, and Sacramento locations

Prerequisite: Managing Depression Overview

Sessions: Eight sessions

Registration: 916-973-5300.

South Sacramento location

Prerequisite: Pathways to Emotional Wellness

Sessions: Six sessions

Registration: Call 916-525-6100.

Mind-Body Medicine

Behavioral Health Education Department

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself. *Members only.*

This is a covered benefit for members.

Prerequisite: Pathways to Emotional Wellness or Stress Management Overview

Sessions: Eight sessions

Registration:

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

Mindfulness Meditation

Behavioral Health Education Department

This class teaches mindfulness meditation techniques and gentle movement (T'ai Chi) to increase mind-body awareness and improve your ability to cope with stress, pain, and illness. *Members only.*

Call for class fee.

Sessions: Four sessions

Registration:

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

Pathways to Emotional Wellness

Behavioral Health Education/Psychiatry Department

Your thoughts and emotions can affect your physical well-being. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. Also explore a variety of other resources to help you feel better and thrive. *Members only.*

This is a covered benefit for members.

Sessions: One session

Registration:

Folsom, Roseville, and Sacramento

916-973-5300

South Sacramento **916-525-6100**

Relaxation

Psychiatry Department

Practice guided relaxation and deep breathing and learn techniques you can use at home for ongoing stress reduction. These techniques can also help with insomnia. *Members only.*

No class fee.

Sessions: One session (can be taken up to four times)

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

Stress Management Overview

Behavioral Health Education Department

Learn how stress affects your body, mind, and emotions. Identify sources of stress, learn basic breathing techniques, and become familiar with stress management tools. This class is a prerequisite for the Mind-Body Medicine class and Mindfulness Meditation class. *Members only.*

No class fee.

Sessions: One session

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



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 kp.org/healthcoach.

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.*

No class fee.

Sessions: Five sessions

Registration:

Roseville and Sacramento

916-973-5300

Understanding Anxiety/Panic 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.*

No class fee.

Sessions: One session

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

Understanding Your Anxiety Series

Behavioral Health Education

Learn to identify what triggers anxiety for you as well as ways to short-circuit your symptoms. 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. Prior to taking this series, the following classes are recommended: In South Sacramento, Pathways to Emotional Wellness. Other locations: Understanding Anxiety/Panic Overview. Members only.*

Call for class fee.

Sessions: Four sessions

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/podcasts, can help you ease pain, relieve stress, get healthful sleep, and prepare for surgery.

Nutrition

Feeding Your Baby the First Year

Help your baby thrive right from the start. In this class, we'll discuss the benefits of continued breastfeeding, as well as how to introduce solids into your infant's diet and gradually advance to finger foods. Babies are welcome. *Open to the community.* This is a covered benefit for members; \$30 nonmembers.

Sessions: One 1-hour session

Registration:

Roseville **916-784-5775**

Sacramento **916-614-4035**

Para preguntas en español, llame al **916-614-4807**.

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.*

This is a covered benefit for members.

Sessions: One 1-hour session

Registration:

South Sacramento **916-688-2457**

Feeding Your Young Child: Overview

Take the worry out of feeding your young child. Learn how to determine the right amounts and types of food to serve children 2 to 6. Learn tips on how to deal with feeding challenges common in toddlers and preschoolers, and how to help your child develop healthy eating habits for life. *Parents only, please. Open to the community.*

This is a covered benefit for members; \$30 nonmembers.

Sessions: One 1-hour session

Registration:

Roseville **916-784-5775**
Sacramento **916-614-4035**
Para preguntas en español, llame al **916-614-4807**.

Healthy Eating, Active Living for Kids and Families Overview

Health Promotion/Health Education Department

Healthy habits begin at home. We'll cover basic nutrition principles and suggest ways to increase energy and fitness with activities the whole family can enjoy. Parents and their school-age children can learn together how to create a healthy lifestyle. 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 (see page 49).*

This is a covered benefit for members; \$30 nonmembers.

Sessions: One 1-hour session

Registration:

Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento **916-614-4040**

South Sacramento **916-688-2457**

Para preguntas en español, llame al **916-614-4807**.

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-hour session

Fee: No fee for members; \$30 nonmembers

Registration:

Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento **916-614-4040**

South Sacramento **916-688-2457**

Para preguntas en español, llame al **916-614-4807**.

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. *Please be sure to include your medical record number in your message. Members only. Available in Spanish in South Sacramento (see page 50).*

No class fee.

Advice line/email:

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

916-614-4979 or

NVnutritionadvice@kp.org

South Sacramento

916-688-2457



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)

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 43. *Members only. Available in Spanish in South Sacramento.*

Office visit cost share applies.

Sessions: Ongoing

Registration: Referral required.

Davis, Folsom, Rancho Cordova,
Roseville, and Sacramento
916-614-4979

South Sacramento **916-688-2457**

Para preguntas en español, llame al
916-614-4807.

Plant-Based Nutrition

Health Promotion/Health Education
Department

A well-planned, plant-based diet can improve your overall health. The class will cover the benefits of vegetarianism, how to meet your nutritional needs, and how to restock your kitchen and cook a healthy vegetarian diet. Sample menus and online resources will be provided.

Members only.

No class fee.

Sessions: One session

Registration:

Davis, Folsom, Rancho Cordova,
Roseville, Sacramento **916-614-4807**
Para preguntas en español, llame al
916-614-4807.

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.*
No class fee.

Sessions: One session

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.

Office visit cost share may apply.

Sessions: One 2-hour session

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.

Office visit cost share may apply.

Sessions: One 2-hour session

Registration: Referral required.

Roseville **916-784-4045**
Sacramento **916-973-5275**
South Sacramento **916-688-2030**

CALL US FOR MEMBER SERVICES

For answers to all of your benefits questions, call our Member Service Contact Center, 24 hours a day, 7 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**



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.

Office visit cost share may apply.

Sessions: One 2.5-hour session

Registration: Referral required.

Roseville **916-784-4045**

Sacramento **916-973-5275**



Managing Your Back Pain

This online program helps you reduce back pain and return to your normal activities. It includes short videos that demonstrate posture tips and strengthening exercises to help you manage your pain now, get better faster, and reduce the risk of pain returning in the future. Find this feature through your doctor's home page or at kp.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.*

Call for class fee.

Sessions: Ongoing

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**.

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. *Members only.*

No class fee.

Sessions: Four 2-hour sessions

Registration: Referral required.

South Sacramento **916-688-6825**



Managing Your Headaches

Learn about headache types and triggers, and discover ways to help manage and prevent them with this free online program. Find this feature through your doctor's home page or at kp.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.*

No class fee.

Sessions: Eight 2-hour sessions

Registration: Referral required.

Roseville and Sacramento

916-771-6667

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.*

No class fee.

Sessions: One 2-hour session

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.*

No class fee.

Sessions: One session

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. Each newsletter is customized for your child's specific age and stage of development. Subscribe at kp.org/parentnewsletters.

Toddler Parenting

Pediatrics Department

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

\$10 class fee.

Sessions: One session

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. Subscribe at kp.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.

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.*

No class fee.

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

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.*
\$28 members; \$32 nonmembers.

Sessions: Four sessions; drop-ins welcome

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.*

No class fee.

Sessions: Ongoing; 1-hour sessions

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**
Para preguntas en español, llame al **916-746-6734.**

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.*

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

Sessions: One session or package of four sessions

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

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 can help reduce stress and pain, and increase feelings of well-being. People of all ages and fitness levels are welcome. *Open to the community.*
\$28 members; \$32 nonmembers.

Sessions: Four sessions; drop-ins welcome

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.*
\$20 members; \$25 nonmembers.

Sessions: Four sessions

Registration: South Sacramento **916-241-9620**



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 kp.org/healthcoach.

Pregnancy

Prenatal Care

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

Bringing Baby Home

Women's Health Department

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

Call for class fee.

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

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.*

One-half of office visit cost share applies.

Sessions: Twice monthly

Registration: 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.*

This is a covered benefit for members.

Sessions: One 2-hour session

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.*

No class fee.

Sessions: Ongoing

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

This class is for women who are planning a pregnancy or are currently pregnant. Depression and anxiety are common problems during pregnancy, 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.*

No class fee for members;
\$5 nonmembers.

Sessions: One 1.5-hour session

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 anytime during your pregnancy. *Members only.*

No class fee.

Sessions: One 1-hour session

Registration: South Sacramento
916-688-2754

Prenatal and Pregnancy Diabetes Program

Women's Health/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.*

No class fee.

Sessions: Weekly

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.*

Office visit cost share applies.

Sessions: One session

Registration: Sacramento
916-614-4075

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.*
\$40 for 5 classes.

Sessions: Ongoing

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 at kp.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.*

\$35 class fee.

Sessions: One 2-hour session

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.*

No class fee.

Sessions: One 2-hour session

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

Education for Pregnant Teens

Women's Health Department

These classes are designed to help pregnant teens (19 and younger) learn what to expect during pregnancy and how to prepare for becoming a new parent. Topics include postpartum care, parenting, child safety, and more. *Members only.*

No class fee.

Sessions: Three sessions

Registration:

Roseville and Sacramento

916-614-5152

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. Members only.*

No class fee.

Sessions: One 1-hour session

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. *Preregister when you are about 20 weeks pregnant. Members only.*

No class fee.

Sessions: One 1-hour session

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 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 support person. No children, please. Members only.*

This is a covered benefit for members.

Sessions: One 2.5-hour session

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.*

No class fee.

Sessions: One 2-hour session

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.*

No class fee.

Sessions: One 2.5-hour session

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.*

No class fee.

Sessions: One 1.5-hour session

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

Postpartum Conditions Group

Women's Health Department

This support group is 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

One-half of office visit cost share.

Sessions: Weekly drop-in

Registration:

Roseville **916-474-2514**

Sacramento **916-614-4740**

South Sacramento location

No class fee.

Sessions: Drop-in first and third Wednesday of each month

Registration: **916-688-2317**

Preparing for Childbirth for Pregnant Teens

Women's Health/Health Education Department

In this program, we'll teach pregnant teens (19 and younger) relaxation and breathing techniques, options for coping with pain, the birth coach's role, hospital procedures, and more. *Preregister by your 20th week of pregnancy. Please bring one support person with you. Members only.*

This is a covered benefit for members.

Sessions: One all-day Saturday session

Registration: Roseville, Sacramento, and South Sacramento **916-614-5152**

Preparing for Childbirth

Women's Health/Health Education Department

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and using a birthing coach for support. Take this class during the last three months of pregnancy. Bring pillows and a mat, as some of the exercises are performed on the floor. Early registration is recommended. *Members only.*

Call for fee information.

Sessions: Varies

Registration:

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

Roseville and Sacramento
916-631-2027

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**
- 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



Preparing for Childbirth Refresher

Women's Health 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.

\$35 members; \$50 nonmembers.

Sessions: One 2.5-hour session

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

Newborn Care and Breastfeeding

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

Breastfeeding

Women's Health/Health Education Department

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges. *This class should be taken during pregnancy. Members only.*

This is a covered benefit for members.

Sessions: One session

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. *Members only.*

This is a covered benefit for members.

Information:

Greater Sacramento area **916-784-4150**. This is a 24-hour message line. A lactation consultant will return your call.
South Sacramento area **916-688-6676**. This is an in-person, live advice line.

Infant Safety/CPR

Women's Health/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.*

\$54 class fee.

Sessions: One session

Registration:

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

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.*

No class fee.

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

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

Mommy and Me Network

Women's Health/Health Education Department

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

No class fee.

Sessions: Weekly drop-in

Registration:

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

Newborn Care

Women's Health/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.*

This is a covered benefit for members.

Sessions: One session

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 at kp.org/parentnewsletters.

Respiratory Health and Breathing

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.*

This is a covered benefit for members.

Sessions: Ongoing

Registration: Referral required.

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

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

Para preguntas en español, llame al **916-746-6734**.

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.

No class fee.

Sessions: 12 classes per session

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.*

No class fee.

Sessions: One 1.5-hour session

Registration: Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento–Fair Oaks **916-973-5243**

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

Para preguntas en español, llame al

916-746-6734.

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.*

No class fee.

Sessions: 12 sessions

Registration: Referral required.

South Sacramento **916-688-6090**

Understanding Your Asthma

Chronic Conditions
Management Department

Learn how to identify and avoid things that trigger your asthma flare-ups. Learn about the different types of asthma medications and how and when to use them effectively to prevent and relieve symptoms. Please bring your asthma medications, peak flow meter, and AeroChamber spacer to the workshop. *Members only.*

This is a covered benefit for members.

Sessions: One 2-hour session

Registration: Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento–Fair Oaks **916-973-5243**

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

Para preguntas en español, llame al

916-746-6734.



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/childasthmapvideo.



See your life.
CLEARLY.

Looking for laser vision correction?

Trust your eyes to Kaiser Permanente.

Schedule a free consultation to determine if you're a candidate. Our experienced refractive surgeons perform a range of laser vision correction procedures, including LASIK, PRK, Wavefront, and IntraLase.

If you've recently been diagnosed with a cataract, ask your eye care professional about your intraocular lens (IOL) options, including toric astigmatism-correcting and multifocal IOLs for full range of vision.

For more information about our services, please call **916-614-4350**.

Kaiser Permanente, Roseville Parkway

Eye Services Department

1680 E. Roseville Parkway, Roseville, CA 95661

At Kaiser Permanente, we believe good health is well-connected. That's why our vision correction services are linked to your electronic health record. So every time you visit, your care team has a complete picture of your health.

kpvisioncorrection.com

Kaiser Permanente members typically have coverage for medically necessary eye examinations, which are generally conducted at Kaiser Permanente facilities. 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.

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 disease or dementia.

Care Options for Seniors

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

No class fee.

Sessions: One session per topic

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 overcoming nicotine addiction, developing a personal quit plan, coping with withdrawal, and how optional medications can increase your success at quitting. *Members only.*

This is a covered benefit for members.

Sessions: Six 2-hour sessions

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

Get a better understanding of nicotine addiction and learn about the resources available to help you quit. This workshop will help you find tools to develop your own plan to quit using tobacco. *Members only.*

This is a covered benefit for members.

Sessions: One 3-hour session

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 **kp.org** 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**.

Weight Management

FitWeight Program

Health Education Department

This program provides support for kids 5 to 17 to help them be healthier, eat better, and become more active.

Participants receive weekly support through individualized coaching, peer group meetings, electronic monitors, online tools, and education for the whole family. *Members only.*

Equipment deposit (refundable) and lab services cost share apply.

Sessions: 10 group sessions, every other Thursday, 4:30–6 p.m.; individual coaching sessions on alternate Thursdays

Registration: Elk Grove (Promenade)
916-478-5171

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.*

No class fee.

Sessions: One session

Registration:

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

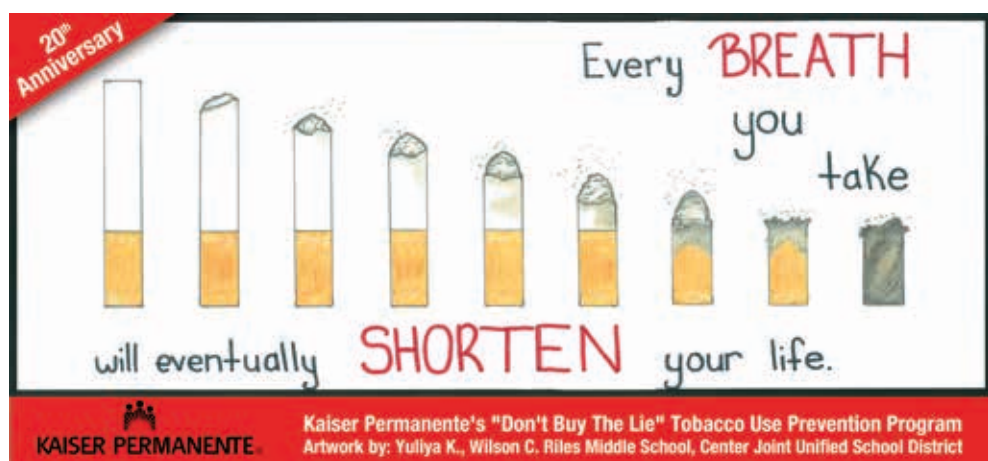
ANTI-TOBACCO BILLBOARDS

Don't Buy the Lie Program Celebrates 20 Years!

This anti-tobacco billboard is Wilson C. Riles Middle School's winning entry in Kaiser Permanente's Don't Buy the Lie contest for 2013.

The winning high school entry, by a student at Woodcreek High School, is on page 20 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.



Healthy Weight Program

Health Promotion/Health Education Department

Lose unwanted pounds, develop positive habits, and gain confidence. This 10-session program covers the latest weight loss research, what to eat for weight loss, fun and energizing exercises, and strategies to maintain your weight. Developed by Kaiser Permanente physicians, this program produces lasting results. Classes are offered in person and online (using a phone and a computer with Internet access). *Open to the community.*

This is a covered benefit for members; \$75 nonmembers.

Sessions: 10 sessions; call for dates and times

Information:

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

Roseville and Sacramento

916-614-4980 or **916-614-4035**

South Sacramento **916-688-2428**

Telephonic Wellness Coaching for Weight

Your personal coach can help develop a healthy weight plan, discuss resources, and provide personalized support to help you reach your goals. 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 kpdoc.org/podcasts.

Managing Your Weight

Health Promotion/Health Education Department

Learn how making healthy lifestyle choices—like eating well, getting regular exercise, and maintaining a positive attitude—can help you lose weight and

keep it off. *Open to the community.*

This is a covered benefit for members; \$30 nonmembers.

Sessions: One 1.5-hour session

Registration:

Folsom **916-817-5200**

Roseville **916-784-4050**

Sacramento **916-614-4040**

South Sacramento **916-688-2428**

Medical Weight Management Program

Health Promotion/Health Education Department

If you have at least 40 pounds to lose, this program can help you make positive, lasting changes to improve your health, increase your energy, and help you live life to the fullest. The long-term program features low-calorie meal replacements, monitoring by a team of Kaiser Permanente medical professionals, and weekly health classes/support sessions. Join us for a free, one-hour information session to find out more. *Open to the community.*

No class fee for orientation session; programs fees explained at orientation.

Sessions: Minimum 82-week program

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 financially responsible to pay for them. Clinical services are financially 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*.

Daryl-1 Obesity-0

—Lost 85 pounds¹



TRANSFORM

your habits
your health
your life

KAISER PERMANENTE MEDICAL WEIGHT MANAGEMENT PROGRAM

Our program features low-calorie meal replacement, medical supervision, and weekly support groups.

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

**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

**Take the next step. Sign up for a free orientation
at kphealthyweight.com/weightorientations.**

¹ Results not typical. Individual results may vary. Average weight loss is 40 pounds in four months. This patient's weight recorded at week 27.

² Based on actual weights of 1,735 participants at week 17 of the program (as of 6/2013).

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*.



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.



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 (RMR) 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.*

\$50 members; \$75 nonmembers.

Sessions: One session

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**

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.*

\$300 class fee.

Sessions: Twelve 2-hour sessions

Registration: Sacramento and Folsom
916-480-6546

Weight Loss Surgery Introductory Seminar

Health Promotion/Health Education
Department

For anyone interested in a referral for weight loss surgery, this class introduces the surgery process and emphasizes the changes you must make before and after your procedure. It will help you determine if you are ready to make a major lifestyle change. This is the first step for referral for bariatric surgery consultation. *Members only.*

No class fee.

Sessions: One 2-hour session

Registration:

- Folsom **916-817-5278**
- Roseville **916-784-5775**
- Sacramento **916-614-4035**
- South Sacramento **916-688-2428**



Weight Management Resources

No matter what your goal is, we've got the weight management information and tools you need to help you succeed. You'll find recipes, tips for behavior change, and links to food and activity trackers, as well as information about local classes and online programs. Visit kp.org/northvalleyweightmanagement.

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.*
No class fee.

Sessions: Ongoing

Information:

Greater Sacramento **916-614-4980**

Weight Management Support Group

Nutrition Services Department

Join others in learning how to maintain your weight. Get support to stay focused on weight management goals and healthier living. This group is open to anyone enrolled in a Kaiser Permanente weight management class or program. This group is facilitated by a registered dietitian. *Members only.*

No class fee.

Sessions: Monthly

Registration: Sacramento
916-614-4035

Weight Wise

Nutrition Services Department

This series is designed to help you take control of your weight and improve overall health. Topics include goal setting, physical activity, healthy eating, and cultivating balance in mind, body, and lifestyle. *Members only.*

\$35 class fee.

Sessions: Four sessions

Registration: South Sacramento
916-688-2428

Women's Health

Chronic Pelvic Pain

Women's Health Department

This class provides an overview of chronic pelvic pain and focuses on self-help strategies. Topics include anatomy and physiology, self-care techniques, exercises, and the role of physical therapy in treating chronic pelvic pain. *Female members only.*
No class fee.

Sessions: One 1-hour session

Registration: Roseville **916-614-5152**

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.*

No class fee.

Sessions: One 1.5-hour session

Registration:
Sacramento **916-614-5152**

Menopause: Hot Flashes, Sexuality, and Hormones

Women's Health Department

How can you reduce the risk of osteoporosis, heart disease, and cancer? How can you maintain physical and emotional closeness in your relationships? Menopause is an important life transition. Learn what to expect and what you can do to manage hot flashes, sleeplessness, headaches, and other possible symptoms. *Female members only.*

No class fee.

Sessions: One 2-hour session

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.

No class fee.

Sessions: One 2-hour session

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.*

No class fee.

Sessions: One 2-hour session

Registration:

Roseville **916-784-4148**

Sacramento **916-614-4055**

South Sacramento **916-478-5357**

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

One-half of office visit cost share per session.

Sessions: Ongoing

Information: **916-614-4740**

South Sacramento location

Office visit cost share per session.

Sessions: Ongoing

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.

Este es un beneficio cubierto para los miembros.

Sesiones: una sesión de 2 horas

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.*

Sin costo de la clase.

Sesiones: una sesión de 1 hora y media

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.*

Este es un beneficio cubierto para los miembros.

Sesión: una sesión de 1 hora y media

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.*

Este es un beneficio cubierto para los miembros.

Sesiones: una sesión de 2 horas

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.*

Este es un beneficio cubierto para los miembros.

Sesiones: una vez al mes

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.*

Este es un beneficio cubierto para los miembros.

Sesiones: una sesión de 1 hora y media

Ubicación:

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.*

Este es un beneficio cubierto para los miembros.

Sesiones: una sesión

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.

Convocatoria de cuota.

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.*

Sin costo de la clase.

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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