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HEALTHY LIVING

health and wellness
classes and resources

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• View your symptoms.
• Get the latest info on an illness.
• Take an online total health assessment.
• And more!

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Healthy Living is published by Health Engagement and Wellness Services Department, Kaiser Permanente, 7201 N Interstate Ave., Portland, OR 97217

Offerings subject to change.
A lifetime of smiles

Developing good oral health habits at a young age sets kids on the right path toward total health. Did you know that kids should visit the dentist within 6 months of when their first tooth comes in, or by age 1? Call 1-800-448-6118 to schedule an appointment at one of our 18 convenient locations.

Learn more at kp.org/dental/nw
PREVENTING FALLS

Every year, thousands of older adults fall and hurt themselves. Unintentional falls are a threat to their health, independence, and lives.

Although falls are common, they are not an inevitable part of aging. There are things you can do to help reduce falls:

- If you live alone, think about wearing an alarm device that will bring help in case you fall and can’t get up. Or carry a cordless or cell phone with you from room to room. Then you can quickly call for help if you need it.
- Have your vision and hearing checked regularly. If you have trouble seeing and hearing, you might not be able to avoid objects that make you lose your balance.
- Exercise often. It improves your strength, muscle tone, and sense of balance.
- Make your home safer. Remove or fix things you could trip over, install sturdy handrails and grab bars, and store things on lower shelves.
- Know the side effects of any medication you are taking. Ask your doctor or pharmacist if the medication you take can affect your balance.

You can find several resources to help you improve your well-being:

- Learn how your lifestyle choices can help you age in healthy, more independent ways at kp.org/healthyaging.
- Go to kp.org/video and watch “Fall Prevention.”
- Try tai chi. It’s a slow, concentrated movement that has been shown to decrease the risk of falling and improve coordination, especially in older adults. You can find many resources at community centers, park and rec facilities, and fitness clubs. Or use a DVD/video at home, or try an app.
- If you are a Senior Advantage member, take advantage of Silver&Fit (see page 13).
HEALTHY BEGINNINGS
Find support and gain confidence every step of the way – from pregnancy to the birth experience to parenting. Join others in spirited group sessions to share ideas and navigate the choices facing new families.

Kaiser Permanente

Preparation for Birth – Five sessions
What is a birth plan? How do you manage labor pain? Are you going to breastfeed your baby? Learning more about the labor and birth process, new parenting issues, and your options allows you to more confidently make decisions in this experience. Join a supportive group setting to prepare yourself, and share ideas and resources with other pregnant women and their partners.

Your class fee includes the guide See What You Read: Understanding Birth (a $10 value).

Five 2-hour sessions.
Member $70
Nonmember $110
Teen members $10
(A support person is welcome to attend with you.)

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Preparation for Birth – Two sessions
This is a condensed version of the five-session class. It highlights essential information about labor and delivery, stress and pain management, postpartum care, and infant feeding. Because the presentation is condensed, we recommend that participants be prepared for a strong commitment to self-study.

Your class fee includes the guide See What You Read: Understanding Birth (a $10 value).

Two 5-hour sessions.
Member $70
Nonmember $110
Teen members $10
(A support person is welcome to attend with you.)

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Preparation for Birth – Online
Learning more about the birth process, new parenting issues, and your options allows you to more confidently make decisions about your experience. Registering for the program gives you The Gift of Motherhood book and a password you can use anytime to access the online program that includes audio, videos, information you can download and print, and links to other sites. The password is valid for six months after you register.

Members $70
Nonmembers $110
Teen members $10

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Hospital Birth Tour
A hospital birth tour provides information about your birth experience, from admission to discharge. You will have the opportunity to see your hospital’s labor, birthing, and family rooms. Register early (in your fifth month) and attend the tour during your seventh or eighth month of pregnancy. Children 12 and older are welcome to participate.

Tour Locations
- Kaiser Permanente Sunnyside Medical Center
- Kaiser Permanente Westside Medical Center
- Legacy Salmon Creek Medical Center

Free for Kaiser Permanente members.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.
Childbirth, parenting, and reproductive health

Salem Hospital Birth Tour
Families can join a tour of the Family Birth Center anytime during the pregnancy. Registration is required.
Free
Register online at salemhealth.org/chec or by calling 503-814-2432.

Tool Kit for New Parents
Being a parent is fun – but it’s not easy! Learn skills such as holding, bathing, and diapering your baby. You can also explore the concept of what being a parent is really about – with other dads – and moms-to-be like yourself.
One 2-hour session.
Members $20
Nonmembers $40
Teen members $10
To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Vasectomy Informed Consent
This is the required first step for Kaiser Permanente members planning to have a vasectomy. Learn about vasectomies by viewing a DVD before you schedule your procedure. The DVD, a brochure, and a questionnaire will be sent to your home.
After you watch the DVD, complete and return the questionnaire in the enclosed postage-paid envelope. The Urology Department will call you to schedule your vasectomy. You can return the DVD at the time of your appointment.
For information, please call 503-571-3488, option 1.

Are you on bed rest?
If a complicated pregnancy prevents you from attending a traditional class, you still have access to essential “Preparation for Birth” information. You can register for “Preparation for Birth – Online.”

You can view the Healthy Living catalog online at: kp.org/healthylivingcatalog/nw
Food fights?
Concerned about your family’s health and eating habits? Learn more in a free webinar. See page 13 for details.

Community Partners

Baby Care and Feeding
Learn about newborn behavior, feeding, sleeping patterns, and more. This class is for new parents — or grandparents who haven’t been around a baby for a while.
One 3-hour session.
Fee: $10 per person

Location
Salem Hospital, Bldg. D — Family Birth Center
Offered by a community partner. To register, call 503-814-2432. For information on this class and other offerings that include infant CPR, “Boot Camp for New Dads,” and a new moms’ group, go to salemhealth.org/chec.

Providence Moms’ Groups
Share experiences and learn from other new moms in an informal, supportive environment. Facilitators are experienced in helping new moms feel comfortable in their new role. You can drop in anytime. Babies up to 6 months are welcome in class.
Weekly 1.5- to 2-hour meetings.
Fee: $60

Locations
• Providence Portland Medical Center.
• Providence St. Vincent Medical Center.
• Providence Sherwood Medical Office Building.
• Providence Newberg Medical Center.
• Providence Willamette Falls Medical Center.
Offered by a community partner. For information, call 503-574-6595 or go to providence.org/classes.

Want to know more?
• Visit kp.org/pregnancy.
• Share information and support at facebook.com/HealthyFamilyNW.
• Go to kp.org/video to watch a video on newborn care.
• Visit kp.org/children.
• Listen to or download free audio programs at kp.org/audio.
• Kaiser Permanente members receive a packet that includes the Healthy Beginnings prenatal newsletter during their first obstetric visit. This newsletter contains information about the importance of prenatal care during early pregnancy.
FEELING BETTER

Living with an ongoing health condition doesn’t mean you have to be ruled by it. Taking an active role in your health can help you feel better – and become better equipped to deal with life’s ups and downs.

Chronic conditions include:

- Diabetes
- Arthritis
- Cancer
- Kidney disease
- Pain

Kaiser Permanente

Understanding Prediabetes – Webinar

What is prediabetes? What's an A1c of 5.7 or higher mean? Learn more – and about how lifestyle changes can make a difference to your health. Join a Kaiser Permanente facilitator and other class attendees in a supportive setting online. The session provides real-time desktop sharing with phone conferencing and interactive features.

One 1-hour session.

Free for Kaiser Permanente members.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Diabetes Basics

Whether you’ve been newly diagnosed with diabetes or have been managing this condition for a while, “Diabetes Basics” is a valuable learning experience.

The group sessions are fun and interactive. You explore healthy eating, monitoring blood glucose, physical activity, and more. Discussions encourage you to discover your successes, learn from others, and build confidence in your problem-solving skills. The program also uses the Cultivating Health® Managing Diabetes Kit. Please bring your blood glucose meter to the first session.

Three 2.5-hour sessions.

Members $50

Nonmembers $200

Free to Medicare members

If you have already purchased a Managing Diabetes Kit, we will deduct that cost from the registration fee.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Materials and individual instruction are provided only for paid participants. But you are encouraged to bring an adult support person to any of the sessions, free of charge. Everyone is welcome to bring food and beverage for their own use.
Have you been diagnosed with prediabetes (A1c 5.7 or higher)?
Learn more in a free webinar. See page 7 for details.

**Insulin Information**
Are you new to insulin? Have you been taking insulin for some time and want an update? Come learn about the types of insulin, injection sites and techniques, how to time injections with meals and activity, and guidelines about syringe disposal. Using insulin can help prevent serious and permanent complications from long-term high blood glucose. Please bring your blood glucose meter, log book, insulin, and syringes with you to class.
One 3-hour session (limited to four participants).
Members $20
Nonmembers $40
Free to Medicare members
To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

**Advanced Pediatric Diabetes Family Class**
Families of children who have been diagnosed with type 1 diabetes can find information and support in this class. Review treatment options, diabetes management tools, insulin, food, and carbohydrate counting – and the myths and realities of raising a child with diabetes. Free for Kaiser Permanente members and their families.
This class is offered in the spring, summer, and fall. For a brochure and registration form, or for more information, please call 503-331-6260.

**Arthritis Class**
People who have attended this class say they feel equipped to better manage their arthritis after receiving information about managing flare-up pain, using adaptive tools to support activities, and using joint/activity adaptation to support an active lifestyle.
One 1.5-hour session for Kaiser Permanente members.
No fee.
For locations and to register, please call 503-571-4910 or 360-619-4260. You also can register by scheduling an appointment on kp.org/myhealthmanager.
Under “Select a reason for the appointment,” choose “Arthritis Class.”

**Household medical waste**
Most states have laws requiring that all sharps (syringes and lancets) must be placed in a medical waste container for disposal. Kaiser Permanente pharmacies carry sharps containers you can purchase for home use.
Cancer Rehab Class

If you currently have, or have a history of, cancer, this class can help you to better understand and manage the side effects or symptoms related to your cancer treatment. Learn how exercise can impact your overall well-being both during and after cancer treatment. Other topics include scar tissue issues, American Cancer Society nutritional guidelines, and how to manage fatigue and conserve energy. You also can learn about the signs of lymphedema development, as well as risk reduction and treatment guidelines for this condition.

One 1.5-hour session for Kaiser Permanente members.
No fee.

Locations
- Interstate Medical Office Central.
- Orchards Medical Office.
- Skyline Medical Office.

To register, please call 503-571-4910 or 360-619-4260. You also can register by scheduling an appointment on kp.org/myhealthmanager. Under “Select a reason for the appointment,” choose “Cancer Rehab Class.”

Adult Cancer Support Group

This group provides a time to share information and experiences, and generally support each other through cancer and treatment. Support persons are welcome to attend with you.
Weekly sessions.
No fee.
For more information, please call 503-331-6550.

Healthy Living Program

Did you know even small changes can help you develop habits that will improve or maintain your health throughout your life? The Healthy Living Program uses lifestyle medicine, a total-health approach. It uses whole food, environment, behavior, and medical and motivational principles to manage lifestyle-related health problems. This is done in a physician-led medical office setting with support staff.

This program can help prevent and manage chronic conditions such as heart disease (coronary artery disease), high blood pressure (hypertension), prediabetes/diabetes, multiple sclerosis, cancer, and obesity. You’ll get a tailored individual care plan to help you obtain your health goals. Follow-up support includes weekly or biweekly phone calls or emails, group classes, grocery shopping, meal planning, and cooking demonstrations.

Fee: Office visit copayment for initial consultation.
A referral is required for this program. Please contact your primary care doctor or call 503-590-2256 to find out more about the program.
**Chronic conditions**

**Kidney Class**
Have you been told you have some reduced kidney function? Chronic kidney disease (CKD) affects more than 20 million adults — and millions of people with high blood pressure, diabetes, and other chronic conditions are at risk for developing it. Learn to make lifestyle changes that reduce your risk for the disease and its complications.

One 1.5-hour session for Kaiser Permanente members.
Members $20
You are welcome to invite one adult family member or friend to attend with you.
To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

**Managing Your Fibromyalgia**
Get the tools and strategies you need to help manage your muscle pain and fatigue. The class is led by health care clinicians, including a physician, medical social worker, and physical and occupational therapists.

One 6-hour session for Kaiser Permanente members.
No fee.
To register, please call 503-571-4910 or 360-619-4260.

**Multidisciplinary Pain Management Clinic**
Explore and practice a variety of therapies designed to reduce your pain and improve your ability to function. At the end of the appointment series, a member of the Kaiser Permanente Pain Management Clinic team will help you develop a more effective pain-management plan that will be shared with your doctor.

Eight sessions for Kaiser Permanente members.
Members pay half of their specialty care copayment per session.
A referral from your doctor is required for this appointment series. To confirm your referral and to arrange registration, please call the Pain Management Clinic at 503-331-6131.
Community Partners

**Living Well with Chronic Conditions**

The Chronic Disease Self-Management Program (CDSMP) is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma, and heart disease. Weekly sessions provide support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring. All workshops are offered in English and Spanish. Prices vary.

Six 2.5-hours sessions.

Offered by a community partner. For information, please call:
- Clark County – 360-694-8144
- Marion and Polk counties – Living Healthy Program, 503-587-5130
- Multnomah County, English – 503-988-6717
- Multnomah County, Spanish – 503-489-1760, ext. 21
- Washington County – Tuality Hospital Health Education, 503-681-1700, option 2

**Want to know more?**

- Visit [kp.org/health](http://kp.org/health) for information on diabetes, asthma, heart health, pain, and more.
- Check out the free online HealthMedia® management programs for Kaiser Permanente members:
  - [kp.org/carefordiabetes](http://kp.org/carefordiabetes)
  - [kp.org/careforpain](http://kp.org/careforpain)
  - [kp.org/careforyourhealth](http://kp.org/careforyourhealth)
- Watch videos on diabetes, hypertension, asthma, and COPD at [kp.org/video](http://kp.org/video).
- Go to [kp.org/audio](http://kp.org/audio) for free audio programs on headaches, fibromyalgia, and more.
- See page 14 for “YMCA Diabetes Prevention Program” information.
- Visit [kp.org/cancer](http://kp.org/cancer).
EAT HEALTHY, FEEL BETTER

Do you want to lose weight? Are you trying to manage heart disease, high blood pressure, or diabetes? Choose a weight management option that fits your learning style – and discover how to create lasting behavior changes.

Kaiser Permanente

Mastering Weight Management

This class gives you safe and effective tools to lose weight and keep it off. Proven strategies help you discover the root causes of your weight problem and find practical solutions. Like many things, it’s about good fundamentals and practice. If you make a mistake, you’ll learn from it and find ways to achieve a healthier balance. The group is a safe place where people of all sizes are supported. Sharing with others is both inspirational and motivational, and participants report improvements in their confidence in achieving long-term success.

Your registration fee includes the interactive Cultivating Health® Weight Management Kit.

Please note that support people must also register for the class.

Twelve 75-minute sessions, plus monthly follow-up for 3 months.

Members $120
Nonmembers $150

If you have already purchased a Weight Management Kit, we will deduct that cost from the registration fee.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Mastering Weight Management – Webinar

The online version of “Mastering Weight Management” includes similar, but not identical, information to the face-to-face classes. Interactive features are used to help support connections with others. You’ll need a computer with high-speed access (no tablets) to see the visual portion, and either a phone or computer headset to receive the audio portion during the sessions.

Your registration fee includes the interactive Cultivating Health® Weight Management Kit.

Twelve 75-minute sessions, plus monthly follow-up for 3 months.

Members $120
Nonmembers $150

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Mastering Weight Maintenance Support Group – Webinar

This online group covers topics to help you stay motivated in your weight maintenance efforts. It is recommended as continued support for people who have attended “Mastering Weight Management” in-person or online series.

Weekly 45-minute sessions for Kaiser Permanente members.

No fee.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.
**Telephone Coaching**
A health coach provides one-on-one guidance to help you strengthen your motivation to make healthy changes. You can learn ways to clarify your goals, design a plan for change, and problem solve any challenges. The series of health coaching sessions is held over the phone, at a time convenient to your schedule.
Free for Kaiser Permanente members.
Call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.

**Healthy Futures – Webinar**
Take conflict off the menu. Learn proven strategies for coping with difficult eaters in this free interactive webinar. You’ll also learn how to make mealtime more pleasant and rewarding for your family. Get inspiration, support, and resources for healthy eating.
One 1-hour session for Kaiser Permanente parents/guardians of children ages 2-12.
No fee.
To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

**Bariatric Surgery Support Group**
This group is open to Kaiser Permanente members who have been referred by their doctor to the Severe Obesity Management Program. It is also open to members who have had, or are preparing for, gastric-bypass surgery, either at Kaiser Permanente or elsewhere. You can share information about nutrition, activity, stress management, and other issues with a staff member from the program.
Monthly sessions for Kaiser Permanente members.
No fee.
To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

**Silver&Fit**
If you are a Senior Advantage* member, you have an additional benefit: a complimentary membership at selected fitness facilities or a no-cost Home Fitness program. You’ll also have access to online tools, newsletters, and invitations to social activities.
Tools at SilverandFit.com include meal and exercise planners, health trackers, Healthy Aging Programs, and e-coaching courses.
Kaiser Permanente Membership Services can confirm your eligibility and help locate a participating facility near you. Please call 1-877-221-8221 (toll free) seven days a week, 8 a.m. to 8 p.m.

*Silver&Fit benefit not available to Senior Advantage Basic members.
Silver&Fit is provided by American Specialty Health Networks Inc. and Healthyroads Inc., subsidiaries of American Specialty Health Inc. (ASH). Silver&Fit is a federally registered trademark of ASH.
Community Partners

Changing From the Inside Out
Did you know your thoughts and feelings can affect your eating and activity patterns? In this group program, you will share your stories and unravel the complex path that has led to emotional eating. You can also discover how to set and meet realistic goals to create a balanced and fulfilling lifestyle.
Ten sessions.
Members $218
Offered by a community partner. For registration information, please call the Providence resource line, 503-574-6595, or go to providence.org/classes.

YMCA Diabetes Prevention Program
If you’re at high risk of developing type 2 diabetes, you can reduce your risk almost by half by following a healthy lifestyle. The YMCA offers a program to help you do just that, based on research from the National Institutes of Health. A trained lifestyle coach guides small-group discussions that include healthier eating, starting physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you can meet monthly for added support to help maintain your progress.
Sixteen 1-hour sessions, followed by monthly support meetings.
Offered by a community partner. For information about the class, locations, and fees, please go to ymca.net/diabetes-prevention.

Want to know more?
• Visit kp.org/fitness.
• Visit kp.org/nutrition.
• Visit kp.org/weight.
• Go to kp.org/video to see the “Exercise for Life” and “Healthy Shopping, Cooking, and Snacking” videos.
• Check out the free online HealthMedia® Nourish® and HealthMedia® Balance® programs at kp.org/nourish (nutrition) and kp.org/balance (weight management) for Kaiser Permanente members.

Want to know more?
• Visit kp.org/fitness.
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• Check out the free online HealthMedia® Nourish® and HealthMedia® Balance® programs at kp.org/nourish (nutrition) and kp.org/balance (weight management) for Kaiser Permanente members.
MIND YOUR HEALTH

Most of us face times when challenges – such as stress, health problems, or relationship issues – affect our ability to manage our lives. You can use classes and other tools to help you develop skills and techniques to cope with problems more effectively.

Kaiser Permanente

Mental health
For resources about depression, anger, stress, and anxiety, please call the Mental Health Department at 503-249-3434.

Chronic Insomnia Assessment Class
If you are suffering from chronic insomnia, discuss a referral to the chronic insomnia program with your doctor. You will be contacted and screened for other possible disorders and, if appropriate, referred for treatment. The course teaches about sleep and insomnia, provides personalized recommendations for improving sleep, and is highly effective.

Four 90-minute sessions for Kaiser Permanente members.
Fee: Office-visit copayment.
Call 503-571-5124 for more information.

This class, part of the Chronic Insomnia Assessment Program, requires a referral from your doctor.

Want to know more?
- Visit kp.org/mindbody.
- Find free guided imagery programs you can listen to or download at kp.org/audio.
- Visit kp.org/depression.
- Check out the free online HealthMedia® management programs for Kaiser Permanente members:
  - kp.org/relax
  - kp.org/overcomingdepression
  - kp.org/overcominginsomnia

Integrative Medicine
Discover how integrative medicine (also referred to as “natural medicine”) treats the whole you. Learn about holistic health care and how to create more balance in your life. After attending this session, you will be invited to an individual follow-up appointment for specific treatment recommendations.

One 2-hour session for Kaiser Permanente members.
Fee: Office-visit copayment.

Location
Interstate Medical Office West.
A referral from your doctor is required for this class. To confirm your referral and arrange registration, please call 503-335-2671 or 1-888-813-2100, ext. 162671 (toll free).
HEALTH DOESN’T JUST HAPPEN

Making informed choices and creating balance in your life can help you improve or maintain your health. No matter where you are in life’s journey, you can maximize your total health – mind, body, and spirit.

Kaiser Permanente

Life Care Planning: First Steps

Peace of mind comes from knowing that your values and wishes are honored in health care decisions. Life care planning begins with choosing someone to speak for you in the unforeseen event that you are unable to communicate for yourself. We call that person a health care agent. At Kaiser Permanente, we believe all adult members should designate a health care agent and complete a basic advance directive. This way, your family, doctors, and others are able to honor your choices. We recommend that you bring the person you think will be your health care agent or other family members to the class with you.

One 2-hour session for Kaiser Permanente members.

No fee.

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

Want to know more?

• Visit kp.org/advancendirectives.
• Check out kp.org/healthyaging.
• Use the free online HealthMedia® Care® for Your Back program at kp.org/careforyourback for Kaiser Permanente members.
• Follow twitter.com/HealthyLivingNW for information about area activities and events.

Cosmetic Services – General Skin Care

Why buy skin care products at a doctor’s office instead of the drug store? What is the best treatment for brown spots? What about acne? Attend a skin care class led by our medical aestheticians, and become better prepared to make product choices that are right for you.

One 1-hour session.

Fee: $15. Can be applied to the purchase of skin care products.

Location

Central Interstate Medical Office.

This class is held the third Friday of every month.

To register, please call 503-331-6182. Seating is limited.
Fall Prevention and Balance Screening
Get your balance back on track. Learn about the factors that can increase your risk for falls, home safety considerations, and exercises that can help you prevent falls. A free balance screening is offered in the class, for members who are interested in learning if they are at risk for falls (optional). Community resources and the latest on fall risk reduction will be presented.
One 2-hour session for Kaiser Permanente members.
No fee.
Locations
• Beaverton Medical Office
• Interstate Medical Office
• Mt Talbert Medical Office
• North Lancaster Medical Office
• Orchards Medical Office
• Skyline Medical Office
• Tualatin Medical Office
To register, please call 503-571-4910 or 360-619-4260. You also can register by scheduling an appointment on kp.org/myhealthmanager. Under “Select a reason for the appointment,” choose “Fall Prevention Class.”

Grief Education and Support
The Kaiser Permanente Hospice program helps people who have recently lost a loved one learn to understand and express the difficult feelings that are a part of grief. Its offerings can increase your base of support, decrease feelings of isolation, and provide skills that can help you cope.
“Living After Loss” is a six-session class offered three times a year at different Kaiser Permanente locations. Ongoing support groups meet twice a month at Town Hall, Kaiser Permanente Westside Medical Center, and Salmon Creek and Sunnybrook medical offices.
The class and support groups are facilitated by bereavement counselors and hospice staff.
No fee.
To see if you are a candidate for either offering, please call 503-499-5307 or 1-800-448-0838.

Healthy Spine Class
Do you have acute or chronic back pain? Get help in this session, which provides information about proper body mechanics to prevent injury, how to manage the pain of flare-ups, important exercises for the spine, and when to seek care.
One 1.5-hour session for Kaiser Permanente members.
No fee.
For locations and to register, please call 503-571-4910 or 360-619-4260. You also can register by scheduling an appointment on kp.org/myhealthmanager. Under “Select a reason for the appointment,” choose “Healthy Spine Class.”
Medicare Basics: Understanding Your Options

Medicare is a critically important source of health insurance for 44 million Americans. It’s especially important for people with permanent disabilities and those with diseases and conditions associated with aging. Learn to navigate the sometimes complex, confusing world of Medicare – whether you’re newly eligible for Medicare, just becoming eligible, or eligible because of disability. This class can also be helpful for people who are assisting their parents, relatives, or friends who may be Medicare eligible.

These seminars may be sales or educational events. At sales events, a sales person will be present with information and applications for Senior Advantage. At educational events, no plan-specific benefits or details will be shared; these events are only for educational purposes.

One 2-hour session.
No fee.

Medicare members can call 1-877-221-8221 or 711 (toll free TTY for the hearing/speech impaired), 8 a.m. to 8 p.m., seven days a week.

You must reside in the Kaiser Permanente service area in which you enroll. Eligible Medicare beneficiaries may enroll in a Medicare Health Plan with Medicare Prescription Drug Coverage only during specific times of the year. For more information, please contact Kaiser Permanente. Kaiser Permanente is a health plan with a Medicare contract.

Women’s Pelvic Floor Health

As many as 9 million women suffer from chronic pelvic pain. If you are living with pelvic pain as well as bowel and bladder dysfunction, we invite you to participate in our interactive, small group session. Learn ways to help your body heal with physical therapy interventions, relaxation strategies, tools to address the psycho-social aspects of pain, and simple lifestyle changes. This class is led by physical therapists and women’s health counselors.

One 2-hour session for female Kaiser Permanente members.
No fee.

Locations
- Mount Talbert Medical Office.
- Westside Medical Office.

To register, please call 503-571-4910.

Kaiser Permanente members can receive a discount on medical alert monitoring through:
LifeStation .......... 1-866-745-7575 (toll free)
lifestationadvantage.com
(enter product code “KP01”)
Taking Control of Your Bladder
If you have problems with urine leakage or getting to the bathroom quickly enough, this group appointment can help you explore treatment options that best meet your needs.
One 1-hour session for female Kaiser Permanente members.
No fee.
Locations
• Mt. Talbert Medical Office.
• Orchards Medical Office.
• Skyline Medical Office.
• Tualatin Medical Office.
To register, please call 503-571-2946 or 1-855-285-4246 (toll free).

Women’s Sexuality Class
Get information about female sexuality and sexual response. Join this small, supportive group setting to identify solutions for common sexual problems.
One 2.5-hour session for female Kaiser Permanente members.
Fee: Office-visit copayment.
Location
Interstate Medical Office East.
To register, please call 503-571-2946 or 1-855-285-4246 (toll free).

Want to know more?
• Visit kp.org/womenshealth.
• Go to kp.org/video to watch a video on family violence prevention.

Women’s Midlife Transitions
Wondering about perimenopause or menopause? You can receive information about midlife health, including hormonal treatments and alternatives, in this group appointment.
One 2.5-hour session for female Kaiser Permanente members.
Fee: Office-visit copayment.
Location
Interstate Medical Office East.
To register, please call 503-571-2946 or 1-855-285-4246 (toll free).
KICK THE HABIT

Thinking about quitting tobacco use? Success in quitting depends on addressing your physical and emotional addiction. A class, phone counseling, or an online program can help. Coverage for medication therapy may be available, depending on your benefit plan.

Kaiser Permanente

Freedom from Tobacco – Six sessions
Declare your freedom! Develop a personal strategy for ending your dependence on tobacco products. Explore the behavior changes that will help you overcome cravings, resist temptations, and better handle stress – without relying on tobacco. The fee includes a Cultivating Health® Freedom from Tobacco Kit.
Six 1.5-hour sessions.
Free for Kaiser Permanente members.
Nonmembers $95
Please note: This class includes a planned quit date for all participants during the second session.

Freedom from Tobacco – One session
You have the power to quit using tobacco. But you may need a bit of help understanding how the process of change works. Learn about motivational tools, triggers that tempt, and barriers that hold you back in this seminar. Participants will receive the Freedom from Tobacco Kit to help you design your own quitting plan.
One 2-hour session.
Free for Kaiser Permanente members.
Nonmembers $30

Want to know more?

- Call Talk with a Health Coach to discuss your options for quitting tobacco use, at 503-286-6816 or 1-866-301-3866 (toll free), option 2.
- Visit kp.org/quitsmoking.
- Check out the free online HealthMedia® Breathe® program at kp.org/breathe for Kaiser Permanente members.
- Follow twitter.com/QuitandStayQuit for tips and support as you become a former tobacco-user.
- Use a Cultivating Health Freedom from Tobacco Kit to create your own quit plan.

For information about any of our tobacco cessation offerings

Please call and select option 2
From Portland ..................  503-286-6816
From all other areas (toll free)  1-866-301-3866
Freedom from Tobacco – Webinar
This program offers the same Cultivating Health® Freedom from Tobacco Kit information about how the process of change works as the more traditional one-session tobacco class, but you’ll join Kaiser Permanente facilitators and other class attendees in a supportive group setting online. This session provides real-time desktop sharing with phone conferencing and interactive features so everyone sees and hears the same thing. Engaging interactive features make participation easy and fun.
One 60-minute session.
Free for Kaiser Permanente members.
Nonmembers $30

Telephone Coaching
Create a plan for quitting tobacco use and get ongoing support with a tobacco-cessation coach.
Free for Kaiser Permanente members.
Nonmembers $180
These self-help books focus on increasing your awareness about behaviors and the choices you make. The self-paced materials support your efforts to make lasting lifestyle changes.

Weight Management
Are you tired of frustrating diet plans that don’t work? Learn about ways to make healthier food and activity choices — and how to identify and overcome barriers that get in your way. Available in English and Spanish. $12

Managing Diabetes
While diabetes may affect almost every part of your life, it does not have to control it. There are many things you can do to get your blood sugar under control and manage this chronic disease. Learn about the roles of food, physical activity, medication, foot care, stress management, and more. $12

Freedom From Tobacco
Is it time to give up that old tobacco habit? Learn about the dependencies that keep you using, the triggers that tempt you, and the barriers that hold you back from making lasting changes. $12

Improving Your Sleep
A high number of Americans suffer from insomnia – the inability to either fall or stay asleep, or both. What’s disturbing your sleep? Figure out the factors, then take steps to improve both the quality and quantity of your sleep. Includes relaxation CD. $15

Managing Stress
Everyone experiences stress, great and small. It can come from good experiences as well as bad. Whatever the size or source, uncontrolled stress can cause or contribute to many different types of physical and psychological disorders. Learn how to manage your stress and live well. Includes relaxation CD. $15

You can purchase a kit from Health Engagement and Wellness Services. Please see the next page to order.
By phone
Call us at 503-286-6816 or 1-866-301-3866 (toll free), Monday through Friday, 8 a.m. to 5 p.m., and select option 1. Please have your health record number and credit or debit card available.

Helpful information – Classes
• Support people are encouraged to attend many of our offerings at no cost. However, some classes require that all attendees be paid participants dealing with their own issues relevant to the subject matter. Please call for additional information.
• Payment is due at the time of registration.
• Refunds for classes will be issued. Please try to give at least one week’s notice. Call 503-286-6816 or 1-866-301-3866 (toll free), option 1, to cancel registration, transfer to another class, or receive a refund. When materials have already been provided, their cost will be deducted from the refund.
• Health Engagement and Wellness Services may, on rare occasions, cancel a class. This may be due to low enrollment, bad weather, or other circumstances beyond our control. In this event, refunds or credits will be issued as appropriate.
• Different fee options are available for those who meet federal criteria for financial need. Please call for details.
Our locations

MEDICAL FACILITIES

Portland-area medical centers

1. Kaiser Permanente Sunnyside Medical Center
   10180 SE Sunnyside Road
   Clackamas, OR 97015

2. Kaiser Permanente Westside Medical Center
   2875 NW Stucki Ave.
   Hillsboro, OR 97124

3. OHSU Doernbecher Children’s Hospital
   3181 SW Sam Jackson Park Road
   Portland, OR 97239
   (For children 17 and younger)

Portland-area medical offices

4. Beaverton Medical Office
   4855 SW Western Ave.
   Beaverton, OR 97005

5. Brookside Center
   10180 SE Sunnyside Road
   Clackamas, OR 97015

6. Center for Health Research
   3800 N. Interstate Ave.
   Portland, OR 97227

7. Clackamas Eye Care
   12100 SE Stevens Court, Suite 106
   Portland, OR 97086

8. Gateway Medical Office
   1700 NE 102nd Ave.
   Portland, OR 97220

9. Hillsboro Medical Office
   5373 W. Baseline Road
   Hillsboro, OR 97123

10. Interstate Medical Office Central
    3600 N. Interstate Ave.
    Portland, OR 97227

11. Interstate Medical Office East
    3550 N. Interstate Ave.
    Portland, OR 97227

12. Interstate Medical Office South
    3500 N. Interstate Ave.
    Portland, OR 97227

13. Interstate Medical Office West
    3325 N. Interstate Ave.
    Portland, OR 97227

14. Interstate Radiation Oncology Center
    3620 N. Interstate Ave.
    Portland, OR 97227

15. Lake Road Nephrology Center
    6902 SE Lake Road, Suite 100
    Milwaukie, OR 97267

16. Mother Joseph Plaza
    9427 SW Barnes Road
    Portland, OR 97225

17. Mt. Scott Medical Office
    9800 SE Sunnyside Road
    Clackamas, OR 97015

18. Mt. Talbert Medical Office
    10100 SE Sunnyside Road
    Clackamas, OR 97015

19. Murrayhill Medical Office
    11200 SW Murray Scholls Place, Suite 100
    Beaverton, OR 97007

20. One Town Center
    10163 SE Sunnyside Road, Suite 490
    Clackamas, OR 97015

21. Rockwood Medical Office
    19500 SE Stark St.
    Portland, OR 97233

22. Sunnybrook Medical Office
    9900 SE Sunnyside Road
    Clackamas, OR 97015

23. Sunnyside Medical Office
    10180 SE Sunnyside Road
    Clackamas, OR 97015

24. Sunset Medical Office
    19400 NW Evergreen Parkway
    Hillsboro, OR 97124

25. Tualatin Medical Office
    19185 SW 90th Ave.
    Tualatin, OR 97062

26. Westside Medical Office
    2875 NW Stucki Ave.
    Hillsboro Oregon, 97124
    (located inside Kaiser Permanente Westside Medical Center)

The Portland Clinic facilities*

27. The Portland Clinic – Beaverton
    15950 SW Milwikan Way
    Beaverton, OR 97006

28. The Portland Clinic – Columbia
    5847 NE 122nd Ave.
    Portland, OR 97230

29. The Portland Clinic – Downtown
    800 SW 13th Ave.
    Portland, OR 97205

30. The Portland Clinic – East
    541 NE 20th Ave., Suite 210
    Portland, OR 97232

31. The Portland Clinic – Hillsboro
    256 SE Second Ave.
    Hillsboro, OR 97123

32. The Portland Clinic – South
    6640 SW Redwood Lane
    Portland, OR 97224

33. The Portland Clinic – Tigard
    9250 SW Hall Blvd.
    Tigard, OR 97223

Vancouver-area medical center and offices

34. Legacy Salmon Creek Medical Center
    2211 NE 139th St.
    Vancouver, WA 98686
    (24-hour, emergency, low-risk childbirth, and selected services only)

35. Cascade Park Medical Office
    12607 SE Mill Plain Blvd.
    Vancouver, WA 98684

36. Mill Plain One Medical Office
    203 SE Park Plaza Drive, Suite 140
    Vancouver, WA 98684

37. Orchards Medical Office
    7101 NE 137th Ave.
    Vancouver, WA 98682

38. Salmon Creek Medical Office
    14406 NE 20th Ave.
    Vancouver, WA 98686

Salem-area medical center and offices

39. Salem Hospital
    890 Oak St. SE
    Salem, OR 97301

40. Keizer Station Medical Office
    5940 Ulali Drive
    Keizer, OR 97303

41. North Lancaster Medical Office
    2400 Lancaster Drive NE
    Salem, OR 97305

42. Skyline Medical Office
    5125 Skyline Road S.
    Salem, OR 97306

43. West Salem Medical Office
    1160 Wallace Road NW
    Salem, OR 97304

Longview-area medical office

44. Longview-Kelso Medical Office
    1230 Seventh Ave.
    Longview, WA 98632

Eugene-Springfield-area medical office

45. Downtown Eugene Medical Office
    100 W 13th Ave.
    Eugene, OR 97401

*Available to all Kaiser Permanente members except those on Medicaid, receiving full financial assistance, or visiting from another Kaiser Permanente region.
DENTAL FACILITIES

Portland-area dental offices
1. Aloha Dental Office
   17675 SW Tualatin Valley Hwy.
   Beaverton, OR 97006
2. Beaverton Dental Office
   4855 SW Western Ave.
   Beaverton, OR 97005
3. Clackamas Dental Office
   10209 SE Sunnyside Road
   Clackamas, OR 97015
4. Eastmoreland Dental Office
   5025 SE 28th Ave.
   Portland, OR 97202
5. Glisan Dental Office
   10102 NE Glisan St.
   Portland, OR 97220
6. Grand Avenue Dental Office
   1314 NE Grand Ave.
   Portland, OR 97232
7. Gresham Dental Office
   360 NW Burnside St.
   Gresham, OR 97030
8. North Interstate Dental Office
   7201 N. Interstate Ave.
   Portland, OR 97217
9. Oregon City Dental Office
   1900 McLoughlin Blvd., Suite 68
   Oregon City, OR 97045
10. Rockwood Dental Office
    822 NE 181st Ave.
    Portland, OR 97230
11. Sunset Dental Office
    19075 NW Tanasbourne Drive
    Hillsboro, OR 97124
12. Tigard Dental Office
    7105 SW Hampton St.
    Tigard, OR 97223

Vancouver-area dental offices
13. Cascade Park Dental Office
    12711 SE Mill Plain Blvd.
    Vancouver, WA 98684
14. Salmon Creek Dental Office
    14486 NE 20th Ave.
    Vancouver, WA 98686

Salem-area dental offices
15. North Lancaster Dental Office
    2300 Lancaster Drive NE
    Salem, OR 97305
16. Skyline Dental Office
    5135 Skyline Road S.
    Salem, OR 97306

Longview-area dental office
17. Longview-Kelso Dental Office
    1230 Seventh Ave.
    Longview, WA 98632

Eugene-Springfield-area dental office
18. Valley River Dental Office
    1011 Valley River Way
    Eugene, OR 97401

Please note: Facility locations are approximate. Facility location numbers on this map correspond with our larger location map for Kaiser Permanente Northwest.
Small steps add up!

Prevention is about staying healthy – and preventing or delaying disease.

• Stay on your toes. Eat at least 5 daily servings of veggies and fruits to help your body resist disease.

• Keep things moving. Try a different exercise or a new music mix to keep your workouts interesting.

• Find a balance. Take time to relax and refresh with a good book, some stretching, or a hot bath.

Learn more at kp.org/prevention.
**Online tools**

Leading your life with a balanced sense of wellness – in body, mind, and spirit – contributes to a healthier lifestyle.

**kp.org**

When you’re registered on kp.org, you get access to some of your personal health information.
Free and confidential online services available to members at kp.org/myhealthmanager include:

- Sending secure, nonurgent email messages to your doctor, an advice nurse, or pharmacist.
- Viewing information about your ongoing medical conditions, allergies, past office visits, and more.
- Seeing results of certain lab tests.
- Refilling prescriptions.
- Making or canceling appointments.

Need to request a copy of your medical record? It’s easy at kp.org/releaseofinformation. The page offers help with record requests, forms, and more.

You sign on with your user name and password to access these services. If you do not have a kp.org account, you can go to the site and register.

kp.org also provides a wealth of information, including class listings, featured health topics, recipes, online health calculators, podcasts, and health and drug encyclopedias.

**Webinars**

Diabetes prevention, exercise, depression, sexual intimacy, acupuncture, quitting tobacco . . . you can find webinars on these topics and more. They are free for members and nonmembers. Check these sites for schedules, to register, or to view recordings of past presentations:

- kpwebinar.org
  Kaiser Permanente Colorado Region
- kp.org/mydoctor/healthtalks
  Kaiser Permanente Regional Health Education, Northern California

You can view the Healthy Living catalog online at: kp.org/healthylivingcatalog/nw
Healthy lifestyle programs*

These online programs are far more than just information. They are real programs that help you assess where you are and what you need, and then provide tailored tips, tools, and messages that meet your specific goals.

Succeed is a good first step. This program is an inventory of your health. It asks questions about you, your habits, and your choices. Your answers result in a personal Total Health Assessment created just for you by health professionals.

Then, you can use the other programs and pursue action plans to improve your well-being. All are available at kp.org/healthylifestyles. Or go to a particular one:

- kp.org/succeed – take a health assessment
- kp.org/careforyourhealth – manage a chronic illness
- kp.org/careforpain – get help dealing with pain
- kp.org/overcomingdepression – address depression
- kp.org/carefordiabetes – manage diabetes
- kp.org/overcominginsomnia – improve your sleep
- kp.org/careforyourback – prevent and manage low back pain
- kp.org/nourish – make smart and delicious food choices
- kp.org/relax – relieve and prevent stress
- kp.org/breathe – quit using tobacco
- kp.org/balance – achieve a healthy weight

Algunos programas son disponibles en español al kp.org/vidasana.

ChooseHealthy™ **

ChooseHealthy is an online health resource. A basic membership is free for Kaiser Permanente members. It includes a library of health and wellness information, fitness club discounts, savings on health products and services, and more.

For more information, or to register, go to kp.org/choosehealthy.

Complementary care

Choose the type of care and activities that will help you meet your health goals. Members are eligible for special discounts on memberships at health clubs and certain kinds of complementary care, including acupuncture, chiropractic care, massage therapy, and naturopathic care.

Make sure you ask about the provider’s or club’s specific discount before you schedule an appointment or join (discounts vary).

For a list of participating clubs and Complementary Healthcare Plans (CHP) providers, go to kp.org/memberdiscounts.

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**ChooseHealthy is a trademark of American Specialty Health, Inc.
Active and Healthy
Complementary Healthcare Plans also offers discounts on fitness, wellness, and entertainment activities. To take advantage of these deals, go to CHPActiveandHealthy.com.
After you create an account, you can search among thousands of offers. You’ll need your Kaiser Permanente health record number to sign up.

Social media
These outlets provide a little information and inspiration to help you make healthier choices. All are powered by the Health Engagement and Wellness Services Department of Kaiser Permanente Northwest.
- twitter.com/HealthyLivingNW
  Get out and about, and have fun with your family and friends.
- facebook.com/HealthyFamilyNW
  Find inspiration and support for your young family.
- twitter.com/QuitandStayQuit
  Get free text messages to support your tobacco quit.
Reaching a **healthy weight**

Healthy bodies come in lots of shapes and sizes. Weight is only one measure of your health. A healthy weight is a weight at which you feel good about yourself and have energy for work and play.

It’s also one that does not put you at risk for weight-related problems. These can include heart disease, diabetes, stroke, arthritis, and cancer.

Many people are not at a healthy weight but want to get there. If you feel that way, keep these ideas in mind as you get started:

**Focus on health first**
Eating healthier and being more active will probably help you lose weight. But even if you don’t lose much weight, these health changes can help you feel better, have more energy, and prevent disease. Focus on these changes first, rather than weight loss.

**Choose healthier foods**
The kinds of foods you eat have a big impact on both your weight and your health. It’s not about “going on a diet” – it’s about eating a variety of foods from the basic food groups (fruits, vegetables, whole grains, proteins, and dairy). Start slowly, by eating more vegetables and fruits, adding whole grains to your meals, and choosing lean sources of protein. Remember to drink lots of water, too – it’s essential for maintaining health.

**Pay attention to how much you eat**
Part of managing your weight means learning how much food you really need from day to day, and not eating more than that. Even with healthy foods, eating too much can lead to extra pounds. Read food labels to learn what a serving size is, and pay attention to how much food is on your plate. If you eat out a lot, know that most restaurants serve much bigger portions than most people need.
Be more active

Being physically active is as important as food when it comes to weight management. When you change what you eat and you are physically active, you increase your chances for success. Physical activity helps by burning calories, reducing your risk for health problems, giving you more energy, and making you stronger.

Avoid weight gain

If you’re not ready to try to lose weight, you can take a big step toward better health by making sure your weight stays right where it is. Weigh yourself now, and use that as your weight limit, making sure to stay within a few pounds of that number. If you start to gain weight, cut back on calories a bit or get a little more exercise so you can get back under your weight limit.

Include your family

Healthy eating habits are good for the whole family. If you’re trying to eat healthier, it will be easier if the rest of your family does, too. Having regular meals and snacks of healthy food can help your kids feel good, stay at a healthy weight, and have lots of energy for school and play. You can help your children learn healthy eating habits that can last a lifetime.

Resources

- Find recipes and healthy eating tips at kp.org/nutrition.
- Take a weight management class (see pages 12-14).
- Use the Every Body Walk! app to track and share all aspects of your walks.
- Use an online program to help you make smarter food choices (kp.org/nourish) or achieve a healthy weight (kp.org/balance).
- Get activity suggestions and locations based on your interests at kpmoves.org.
- Use a Cultivating Health® Weight Management Kit to create your own plan (page 22).
Staying healthy and informed just got a little easier.

kp.org/healthengagement

Coming in early 2016
Thinking about a healthier lifestyle?

TALK WITH A HEALTH COACH

You can get support and motivation in a brief chat with a coach as you discuss:

- Your health goals.
- The process of change.
- Your options for next steps.

Call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2. This service is free for Kaiser Permanente members. It is available Monday through Friday, 8 a.m. to 5 p.m.
Great care. More options.

New medical and dental offices open in Eugene January 2016

Our first facilities in the Eugene-Springfield area bring great care closer to home for our members in and near Lane County.

Downtown Eugene Medical Office is located in the former Eugene City Library at 100 W 13th Ave. Services offered include:

- Primary care.
- Family, geriatric, and internal medicine services.
- Online and mobile services.
- Mail order pharmacy.
- 24/7 Advice Nurse.
- Video appointments.

Valley River Dental Office is just off the Delta Highway at 1011 Valley River Way in Eugene. Services offered include:

- Dental exams and cleanings.
- Preventive treatments such as fluoride varnishes and dental sealants.
- Oral health education and home care guidance.
- Restorative treatments such as fillings and crowns.
- Implant restorations.

Learn more at [kp.org/lane](http://kp.org/lane).