



Ongoing Conditions

Improving your
well-being

Living with a chronic condition doesn't mean you have to be ruled by it. Taking an active role in your health can help you become more equipped to deal with life's ups and downs.

Adult Cancer Support Group – virtual group

For people 21 and older who have been diagnosed with cancer

This online group provides an opportunity for patients to support each other through the cancer experience.

The Cancer Support Groups are facilitated by cancer counselors (licensed clinicians). Adults with all types of cancers and stages of treatment are welcome to attend.

Ongoing weekly and bi-weekly groups, 1.5 hours each

No fee

For more information, please call **503-331-6550**.

Breast Cancer Rehab Class

For Kaiser Permanente members with a current (or prior) diagnosis of breast cancer

Gain an understanding of possible side effects and related action items for each phase of your cancer treatment.

Learn how activity or exercise can impact your overall well-being, both during and after cancer treatment. You'll also learn about scar tissue management, axillary web syndrome, and lymphedema.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

You can also register by calling **1-844-394-3972**.

Concussion Basics – webinar

For adult Kaiser Permanente members and for parents of children 13 and older who have had a concussion

Improve your understanding of concussions and how to get back to your regular routine.

Concussions get better. This session reviews the current evidence about the importance of a gradual but consistent return to activities after 1-2 days of rest. You'll learn the importance of exercise, stimulus breaks, and energy conservation strategies in your recovery. You will also learn if additional rehabilitation referrals may be right for you.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, sign on at **kp.org/appointments**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

You can also register by calling **1-844-394-3972**.

NEW!

COVID-19, Dysautonomia, and POTS: The Path Forward to Wellness – webinar

For Kaiser Permanente members recovering from COVID-19 or struggling with postural orthostatic tachycardia syndrome

This class provides the current best evidence on managing some of the challenges associated with long COVID, dysautonomia, and postural orthostatic tachycardia syndrome. Although each condition can present differently, there is significant overlap in symptoms and the treatment approaches are similar. This class covers effective strategies that allow you to have a safe and gradual return to exercise and activity. Learn how to reduce fatigue, improve your sleep and concentration, enhance your breathing, and manage your condition effectively to help you fully participate in life. You will also learn if additional rehabilitation referrals may be right for you.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, sign on at kp.org/appointments. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

You can also register by calling
1-844-394-3972.

Heart Healthy Class – webinar

For Kaiser Permanente members who have cardiovascular disease

Learn more about how nutrition can impact your heart health.

Work with a registered dietitian and learn about:

- The basics of the Mediterranean Diet
- How to increase fiber in your diet
- The importance of getting enough hydration

1 session, 1 hour

Fee may apply. Check with Member Services at **503-813-2000**, option 5, for details.

You need a referral from your doctor to participate in this class. Call or email your doctor via kp.org/messages to ask for a nutrition department referral.



Lifestyle Medicine to Prevent, Treat, and Reverse Chronic Disease – virtual group

For Kaiser Permanente members 18 and older (or parents of younger members) interested in healthy lifestyle changes to improve health

Learn about healthy lifestyle practices that can help you and your family take control of your health and reach your goals.

Lifestyle medicine is using personalized lifestyle changes to prevent, treat, and often reverse chronic disease. These changes include a whole-food, plant-predominant eating plan, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection. This program is delivered by clinicians trained and certified in the specialty of Lifestyle Medicine. Learn more about Lifestyle Medicine through an introductory class conducted on Zoom.

No fee for Kaiser Permanente members

For more information, please call
503-335-2671 or **1-888-813-2000**, ext. 162671.

NEW!

Mind Body Medicine – webinar

For Kaiser Permanente members who have had chronic symptoms for 6 or more months, and working with their personal doctor or specialist has not revealed a reversible cause or a reliable solution

Better understand chronic symptoms and the brain to learn ways to help improve and even heal these symptoms.

Review the new neuroscience around chronic health conditions that may be called “functional” or “neurogenic.” These include fibromyalgia, chronic pain, irritable bowel syndrome, chronic anxiety, chronic migraine, and other mind-body syndromes where traditional Western medicine treatments may fall short. The class will discuss in detail the mind-body connection and how concepts like neuroplasticity can help us improve our symptoms over time. We’ll also cover tools for healing, including self-compassion, emotional awareness and expression work, and somatic tracking. This class can be particularly helpful for anyone who has noticed their chronic symptoms worsen during times of heightened stress.

6 sessions, 1 hour each

No fee

A referral from your personal doctor or specialist is required for this program.

For more information, please call
503-335-2671 or **1-888-813-2000**, ext. 162671.

Pain Coping and Skills Services

For Kaiser Permanente members 18 and older who have chronic pain

Explore and practice effective ways to help reduce pain and improve function.

Group video* appointments:

- Foundation in pain neuroscience education and guidance to develop your pain management plan.
- 7 sessions – 1-6 are 2-hour sessions for education and skill practice and session 7 is a 60-minute individual care plan appointment.
- Facilitated by a team of pharmacists and clinical social workers. All team members have training in pain management.
- An adult support person may attend with you at no additional charge.

Individual appointments:

- A pain assessment and a series of follow-up appointments to help you develop your pain management plan. Sessions focus on your specific strengths and goals as well as specific challenges you may be experiencing in your pain management.
- Follow-up appointments include counseling to work with the relationship between pain, nervous system function, thoughts, and emotions. Biofeedback and/or clinical hypnosis may be offered as treatment approaches to help you retrain your nervous system.
- Services provided by psychologist or clinical social worker. All team members have training in pain management.
- Video* and office appointments available. Office visits are at Central Interstate, North Lancaster, and Orchards medical offices.

Fees vary. Check with Member Services at 503-813-2000, option 5, for details.

Referral is required to attend Pain Coping and Skills Services. For more information, please call **503-331-6131**.



*When appropriate, available, and legally permissible.

*These features are available when you get care at Kaiser Permanente facilities.

*You must be located in Oregon or Washington during the video or phone appointment.

*For an individual video visit, members must be registered on kp.org and have a camera-equipped computer or mobile device. For the group video visits, we use Microsoft Teams, which does not require kp.org registration but does require a camera-equipped computer or mobile device.



Living Well with Chronic Conditions

For Oregon adults who have an ongoing condition, including diabetes, arthritis, asthma, and heart disease

Get tools for living a healthy life while managing an ongoing condition.

The Chronic Disease Self-Management Program is a 6-week workshop. You'll get information and support for continuing your normal daily activities and dealing with the emotions that chronic conditions may bring. All workshops are offered in English and Spanish.

6 sessions, 2.5 hours each

Fees vary

Offered by a community partner. If you live in Oregon, go to healthoregon.org/livingwell for more information.

Want to know more?

- Visit kp.org/healthengagement for information on pain, ADHD, and more.
- Check out the online wellness programs at kp.org/healthylifestyles. They are for Kaiser Permanente members at no additional cost. More info is on page 51.
- Watch videos on diabetes, high blood pressure, lower back pain, and COPD at kp.org/video.
- See pages 17-18 for diabetes prevention information.
- Visit kp.org/cancercare/nw.
- Visit kp.org/mentalhealth to explore mental health and wellness resources, including online self-assessments and self-care apps*.
- Get reduced rates on studios, gyms, fitness gear, and online classes at healthy.kaiserpermanente.org/oregon-washington/health-wellness/fitness-deals.
- Find programs and services near you at kp.org/communityresources. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.

*Only available to Kaiser Permanente members with medical coverage.