



Women's Health

Live life to the fullest

With the many roles you play, it's not always easy to find the time and energy to take care of yourself. Staying informed, getting recommended health screenings, and living a healthy lifestyle can help keep you feeling your best at every age.



Taking Control of Your Bladder

For Kaiser Permanente members who have bladder control problems

Learn about bladder control problems, treatment options, and strategies to manage urine leakage.

Do you have problems with urine leakage or getting to the bathroom quickly enough? Most incontinence can be improved with lifestyle changes alone. In this class, you'll get information to help yourself and find possible treatment options, so you can decide to seek further assistance from a specialist in the future. A female support person is welcome to attend with you.

1 session, 1-1.5 hours

No fee for Kaiser Permanente members

For more information or to register, please call **503-571-4910** or **503-571-2946**.

Menopause Class – webinar

For Kaiser Permanente members experiencing symptoms or wanting information about menopause

This virtual class includes a discussion of physical changes during perimenopause/menopause and associated symptoms. We'll also review hormone and alternative treatment management and preventive health strategies. The class is led by clinicians from the Obstetrics and Gynecology Department.

1 session, 2 hours

Fee: May require a copay. Please check with Member Services at **503-813-2000**, option 5.

To register, please log on to **kp.org/appointments** or call **1-855-285-4246**.

Sexuality Class – webinar

For Kaiser Permanente members who have questions about sexuality and sexual issues

Find creative solutions to these concerns. Get information about the female sexual response cycle and changes in sexuality over the lifetime.

We'll discuss hormonal changes, relationship changes, and how illnesses and medications can cause common problems with sexuality.

1 session, 90 minutes

Fee: May require a copay. Please check with Member Services at **503-813-2000**, option 5.

To register, please log on to **kp.org/appointments** or call **1-855-285-4246**.

Want to know more?

- Visit **kp.org/womenshealth**.
- 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.
- 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.
- 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**.

*Only available to Kaiser Permanente members with medical coverage.