

# HEALTHY LIVING

HEALTH AND WELLNESS CLASSES AND RESOURCES



[kp.org/healthengagement](https://kp.org/healthengagement)

2025 | CATALOG



**[kp.org/healthengagement](https://kp.org/healthengagement)**

Find info, tips, and resources you can use to help you take charge of your health.

The site can be accessed from a desktop computer, smartphone, or tablet.



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A photograph of a Black man and a pregnant woman of Asian descent standing in a lush green garden. The man, on the left, is wearing a light grey t-shirt and has his hands gently resting on the woman's pregnant belly. The woman, on the right, is wearing a light pink t-shirt and a green skirt, and she is smiling warmly at the man. They are both looking down at each other's hands on her belly. The background is a soft-focus garden with various green plants and small purple flowers.

# Pregnancy, Childbirth, and Newborn Care

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.

## CenteringPregnancy Group Prenatal Care

### For Kaiser Permanente members who are expecting a baby

Become a part of a community that helps empower you to be actively involved in your own care and equip you to make healthy choices throughout pregnancy and beyond.

CenteringPregnancy is prenatal care in a group setting. At each visit, you'll have one-on-one time with your Centering clinician for a check-up and to discuss any private concerns. The remaining time is for the group to talk about pregnancy issues. These include exercise, nutrition, reducing stress, signs of labor, breastfeeding, new baby care, and after-delivery issues.

10 sessions, 2 hours each

**Fee:** Varies, depending on your prenatal coverage. Contact Member Services for information, **1-800-813-2000**.

For more information, and to learn the benefits of this prenatal care option, watch a short video at [k-p.li/centeringpregnancy-northwest](https://k-p.li/centeringpregnancy-northwest) or see the program brochure at [kp.org/centeringpregnancy/nw](https://kp.org/centeringpregnancy/nw). You can also call **971-245-9242**.

## Baby on the Way – self-guided book

As you prepare to welcome your new baby, we're here to give you the care and support you need for a happy, healthy pregnancy. You are going to have questions and the

**Baby on the Way** book is a great resource and tool to guide you. You will find tips and facts, to-do lists, resources, and even journaling spaces for you to record your memories.







### Kaiser Permanente Hospital Birth Tour – recording

**For Kaiser Permanente members who plan to give birth at Kaiser Permanente Sunnyside Medical Center or Westside Medical Center**

Watch a brief tour of our labor and delivery unit with general information, from checking in to going home.

A hospital birth tour provides some general information about your hospital experience. You will have a chance to see your hospital's labor, birthing, and family rooms virtually.

Go to [kp.org/maternity/sunnyside](https://kp.org/maternity/sunnyside) or [kp.org/maternity/westside](https://kp.org/maternity/westside).

1 session

No fee for Kaiser Permanente members

### Legacy Salmon Creek Family Birth Center Tour

**For Kaiser Permanente members who plan to give birth at Legacy Salmon Creek Medical Center**

Join an in-person tour of the Family Birth Center anytime during your pregnancy. Registration is required.

1 session, 1 hour

No fee for Kaiser Permanente members

Please note that siblings/children may not be allowed on tours. Verify when you register if they can attend.

Register online at [legacyhealth.org/Services-and-Resources/resources/classes-events](https://legacyhealth.org/Services-and-Resources/resources/classes-events) or get information by emailing [HavingABaby@lhs.org](mailto:HavingABaby@lhs.org).

### Salem Hospital Birth Tour – video

**For Kaiser Permanente members who plan to give birth at Salem Hospital**

Families can watch a video tour of the Family Birth Center anytime during the pregnancy.

No fee for Kaiser Permanente members

Go to [salemhealth.org/fbc](https://salemhealth.org/fbc).



If you have gestational diabetes, request a referral to Gestational Diabetes Class. See details on page 20.

## Prenatal Breast/Chest Feeding Class

**For Kaiser Permanente members who are expecting a baby**

Learn about breast/chest feeding.

This video course is led by a lactation consultant. It focuses on important details you need to know about breast/chest feeding before and during the first few weeks after the birth of your baby.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, please call **1-855-206-0302**. You also can register online at **kp.org/appointments**. Click "Schedule appointment," then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.



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.

## Baby and Me – support group

**For Kaiser Permanente parents and their babies**

Get in-person support for breast/chest and/or bottle feeding.

This group is led by a lactation consultant. Come with your feeding questions and ready to connect with others.

Ongoing sessions, 1.5 hours each

No fee for Kaiser Permanente members

Locations: Beaverton and Salmon Creek medical offices

To register, please call **1-855-206-0302**. You also can register online at **kp.org/appointments**. Click "Schedule appointment," then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.





### Breast/Chest Feeding – virtual support group

**For Kaiser Permanente members who would like extra support in their breast/chest feeding and/or pumping journey**

This video group visit is led by a lactation consultant.

Ongoing sessions, 1 hour each

No fee for Kaiser Permanente members

To register, please call **1-855-206-0302**.

You also can register online at **kp.org/appointments**. Click “Schedule appointment,” then select Obstetrics and Gynecology as the reason for the appointment. Follow the prompts and make your selections to finish registering.

### My Body After Baby – virtual visit

**For Kaiser Permanente members after giving birth**

Learn strategies to help you return to your normal physical activity after delivery.

Get information to help you thrive after delivery. Class topics include returning to normal bowel and bladder function, managing your postpartum pelvic pain, caring for your abdominal and pelvic floor muscles, and strategies to return to exercise.

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



## 1-Month Pediatric Group Visit – virtual group

**For Kaiser Permanente members who are first-time parents and their newborns**

Get information about caring for your new baby.

If you're a first-time parent, new questions come up every day about caring for your baby. Join other new parents for a group visit led by a Kaiser Permanente Pediatric team – including a pediatric clinician – to get answers you're looking for.

1 session, 1 hour

No fee for Kaiser Permanente members

For more information or to register, please call **1-855-206-0302**.



### Food fights?

Concerned about your family's health and eating habits? Learn more in a recorded webinar (no additional cost). See page 13 for details.

### Want to know more?

- Visit [kp.org/healthengagement/pregnancy](https://kp.org/healthengagement/pregnancy).
- Visit [kp.org/healthengagement/kidsandfamily](https://kp.org/healthengagement/kidsandfamily).
- For vasectomy information or to make an appointment, please call **503-571-1245**. You also can schedule by signing on at [kp.org/appointments](https://kp.org/appointments). Select Urology Services then follow the prompts to make an appointment.
- Find programs and services near you at [kp.org/communityresources](https://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](https://kp.org/healthylifestyles). They are for Kaiser Permanente members at no additional cost. More info is on page 51.
- Visit [kp.org/mentalhealth](https://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](https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/fitness-deals).

\*Only available to Kaiser Permanente members with medical coverage.



# Healthy eating: **GETTING STARTED**

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar.

You may be surprised at how easy it can be to eat healthy foods and how good it will make you feel. Healthy eating is not a diet. It means making changes you can live with and enjoy for the rest of your life.

Healthy eating is about balance, variety, and moderation.



## Aim for balance

Having a well-balanced diet means that you eat enough, but not too much, and that food gives you the nutrients you need to stay healthy. So listen to your body. Eat when you're hungry. Stop when you feel satisfied.

On most days, try to eat from each food group. This means eating a variety of:

- Whole grains, such as whole-wheat breads and pastas.
- Fruits and vegetables.
- Dairy products, such as low-fat milk, yogurt, and cheese.
- Lean proteins, such as all types of fish, chicken without the skin, and beans.

## Look for variety

Be adventurous. Choose different foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the nutrients you need.

## Practice moderation

Don't have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be OK.

If your favorite foods are high in fat, salt, sugar, or calories, limit how often you eat them. Eat smaller servings or look for healthy substitutes.

## Getting started on healthier eating

If you're trying to eat in healthier ways, you may need to change some of your daily habits. But you don't need to make huge changes. Over time, small changes can make a big difference.

Here's how to get started:

- Start slowly.  
Small changes are easier to make than big ones. So change your eating habits a little bit at a time. For example, try switching from white rice to brown rice or white bread to whole-grain bread. Or drink water instead of high-sugar drinks.
- Add some healthy foods.  
Focus on adding healthy food to your diet, rather than just taking unhealthy foods away. For example, add vegetables to sandwiches or add fruit to yogurt and cereal.
  - Pack a healthy lunch and snacks for work.
  - Have friends or family try a healthy meal with you.
  - Put your snacks on a plate instead of eating from the package.
  - Limit how often you eat out.
- Try mindful eating.
  - Be aware of your hunger and respond to what your body tells you.
  - Try to include foods that you enjoy eating. They can be healthy or just something you like.
  - Fully enjoy the flavor, smell, texture, and color of your food.
  - Take your time when you eat.
  - Avoid distractions, such as screens or books, while you eat.





# Healthy Lifestyles

Eat, move, and feel more healthy

Do you want to engage in a healthy lifestyle? Are you trying to manage heart disease, high blood pressure, or diabetes? Choose an option that helps fit your learning style – and discover how to create lasting behavior changes.



## Strategies for Healthy Living – webinar

**For Kaiser Permanente members 18 and older who would like to explore behavior change to improve healthy eating habits and increase physical activity**

Learn more about health-promoting behaviors.

Explore long-term solutions to fit healthy habits into your everyday life. This class focuses on improving health by adding nutrient-dense foods to meals, increasing movement, and embracing intuitive and mindful eating practices.

10 sessions, 1 hour each

No fee for Kaiser Permanente members

A support person is welcome to join you.

To register, sign on at **[kp.org/appointments](https://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 also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Healthy Futures – prerecorded webinar

**For parents and caregivers of children 2-12**

Learn proven strategies for coping with difficult eaters.

Take conflict off the menu with Ellyn Satter’s Division of Responsibility. In this 10-minute presentation, you can get tips for making mealtime more pleasant and rewarding for the whole family.

Watch the recording on

**[kp.org/healthengagement/kidsandfamily](https://kp.org/healthengagement/kidsandfamily)**.

No fee for Kaiser Permanente members

After viewing the presentation, you can talk with a health coach to get ongoing support. To register, sign on at **[kp.org/appointments](https://kp.org/appointments)**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Select “Health coach” then follow the prompts to set up your appointment for a phone or video call.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 2.

## Making Peace with Food – webinar

**For Kaiser Permanente members 18 and older who would like to explore a weight-neutral, non-diet approach to rebuild a positive, confident, and enjoyable relationship with food**

Learn to rebuild a trusting relationship with food and your body and to reclaim the health and happiness that you are entitled to enjoy, at any shape and size.

Diet culture and the pursuit of smaller bodies has left many of us with a fractured relationship with food and our bodies. The class will cover skills and tools rooted in:

- The Joy of Eating, Being a Competent Eater (Ellyn Satter Institute).
- Body Trust, self-compassion.
- Intuitive Eating principles: discover the satisfaction factor, reject the diet mentality, honor your hunger, feel your fullness, cope with your feelings with kindness.

We'll learn these through in-class and at-home practice. Sessions will include focused-eating exercises. Please bring a neutral food such as crackers to these sessions.

8 sessions, 1 hour each

No fee for Kaiser Permanente members

A support person is welcome to join you.

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



## Introduction to Plant-based Eating – webinar

**For Kaiser Permanente members 18 and older who are interested in following a whole food, plant-based diet or in finding ways to add more whole plant-based foods to their lives**

Discover ways to incorporate more plant-based foods and decrease processed foods from your eating plan.

Get an introduction to whole food, plant-based eating. You'll learn about the benefits, resources, and ways to include more of these foods into your life.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, sign on at [kp.org/appointments](https://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 also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



## Wellness Coaching by Phone Program

**For Kaiser Permanente members 18 and older**

### What is health coaching?

Health coaches are guides. You decide the destination, and the coach supports you along the way.

Improving your health behaviors can be a difficult journey. A coach provides support as you strengthen your health routines.

Coaching is also helpful for families! There's no reason to go it alone.

Having a coach can help if:

- You know what you want to do to improve your health, but you haven't done it.
- You're working on your health and struggling to stay on track.
- You used to do more for your health and want to again.
- You're feeling stuck!

No fee for Kaiser Permanente members

You can have a phone or video call, at a time convenient to your schedule. To register, call **503-286-6816** or **1-866-301-3866**, option 2.

You also can register by signing on at **kp.org/appointments**. Click "Schedule appointments," then select Health and Wellness Education as the reason for the appointment. Select "Health Coach" then follow the prompts to set up your appointment for a phone or video call.

### Want to know more?

- Visit **kp.org/healthengagement/weight**.
- Visit **kp.org/healthengagement/exercise**.
- Visit **kp.org/healthengagement/nutrition**.
- Go to **kp.org/video** to see the "The Benefits of Exercise."
- 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.
- 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.
- 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.





# Preventing Diabetes

Be proactive

Having prediabetes means you are at risk for getting type 2 diabetes. Lifestyle changes can help reduce your risk.



## Understanding Prediabetes – webinar

### For Kaiser Permanente members 18 and older with prediabetes

Learn about lifestyle changes that can help prevent diabetes.

This group webinar is led by a registered dietitian. It's your opportunity to learn more about what exactly prediabetes is. You'll discuss some lifestyle changes that can help prevent diabetes. Make a difference to your health and find out about resources that can benefit you.

1 session, 1 hour

No fee for Kaiser Permanente members

Materials and resources will be shared with you after you attend the webinar.

To register, sign on at **[kp.org/appointments](https://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 also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



## Community Diabetes Prevention Programs

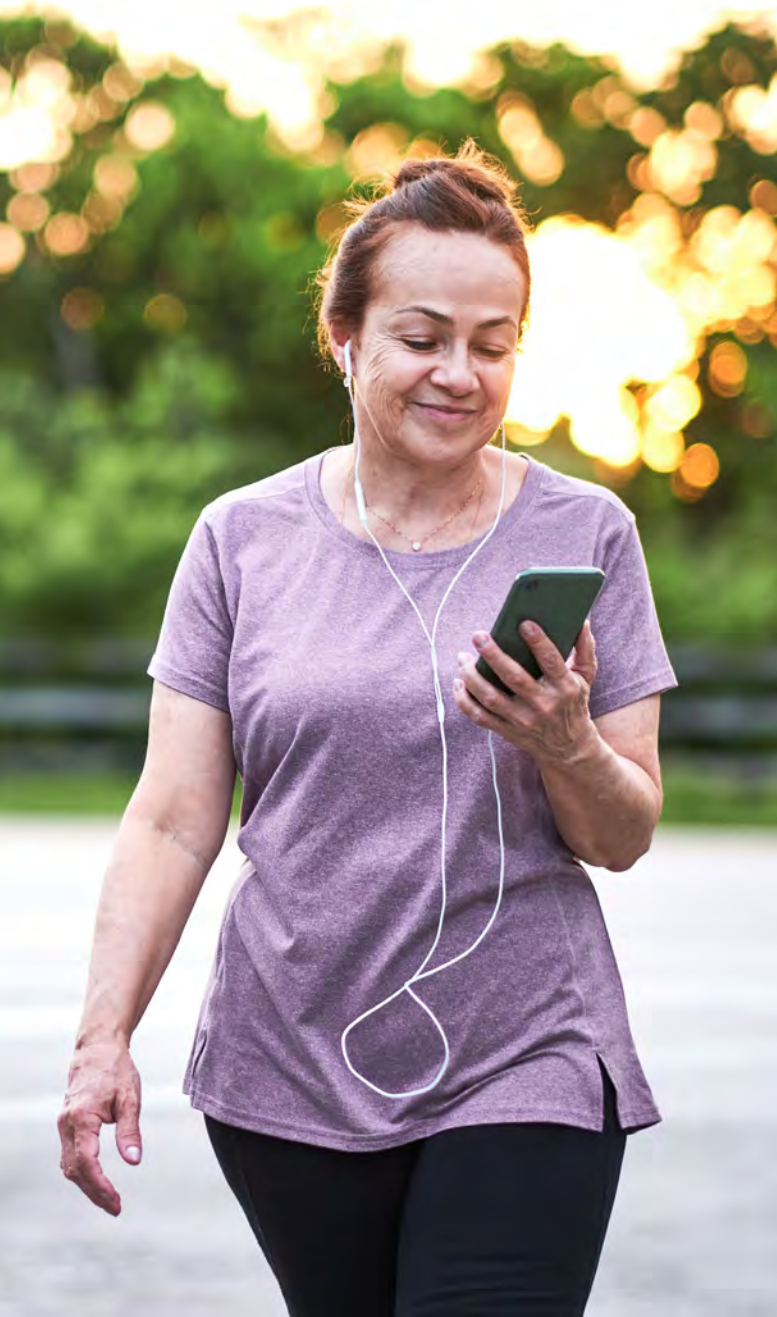
### For people at high risk of developing type 2 diabetes

Reduce your risk by following a healthy lifestyle.

In these programs, a trained lifestyle coach will guide discussions about healthier eating, starting physical activity, overcoming stress, staying motivated, and more.

For more information about community programs, please go to:

- **[cdc.gov/diabetes-prevention](https://cdc.gov/diabetes-prevention)**
- **[ymca.net/diabetes-prevention](https://ymca.net/diabetes-prevention)**



### Want to know more?

- Strategies for Healthy Living can help you learn about lifestyle changes that can help prevent diabetes. See page 14.
- Visit **[kp.org/healthengagement/prediabetes](https://kp.org/healthengagement/prediabetes)**.
- Find programs and services near you at **[kp.org/communityresources](https://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](https://kp.org/healthylifestyles)**. They are for Kaiser Permanente members at no additional cost. More info is on page 51.
- Visit **[kp.org/mentalhealth](https://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](https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/fitness-deals)**.

\*Only available to Kaiser Permanente members with medical coverage.



A photograph of two Black women in a kitchen. The woman on the left, wearing a dark blue shirt and a silver hoop earring, is feeding the woman on the right with a spoon. The woman on the right, wearing a red top and a necklace, has her eyes closed and is savoring the food. In the background, there are wooden kitchen cabinets and a window showing greenery outside. On the counter, there is a large metal bowl filled with green leafy vegetables, a wooden cutting board, and a knife.

# Managing Diabetes

Take control

Managing your diabetes can help you feel healthier, have more energy, and decrease your risk of diabetes complications.



## Diabetes Care Management

**For Kaiser Permanente members 18 and older who are newly diagnosed with diabetes or who have had it a while but want to manage their condition more effectively**

Work one-on-one with your personal doctor's diabetes care manager (pharmacist or nurse) to improve your diabetes control.

Your diabetes care manager can:

- Teach you more about diabetes management.
- Review your blood sugars.
- Initiate and adjust your medications.
- Order and monitor labs.
- Connect you with other helpful resources.
- Coordinate with your personal doctor.

No fee for Kaiser Permanente members

You need a referral from your doctor to work with a diabetes care manager. Call or email your doctor via **kp.org/messages** to ask for a referral.

## Nutrition Diabetes Class – webinar

**For Kaiser Permanente members 18 and older with type 2 diabetes**

Learn more about how nutrition can impact your diabetes in this webinar led by a registered dietitian.

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.

## Gestational Diabetes Class

**For Kaiser Permanente members with gestational diabetes**

Work with a registered dietitian and gestational diabetes nurse to learn more about how you can manage your gestational diabetes.

You will:

- Learn about the basics of gestational diabetes.
- Understand the importance of testing your blood sugars.
- Learn how to test your blood sugars.
- Discuss the importance of carbohydrates.
- Learn how much, when, and what to eat.
- Review label reading and the importance of getting regular physical activity.

1 session, 90 minutes

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.



### Pediatric Diabetes Program

**For pediatric Kaiser Permanente members who have been diagnosed with diabetes, and their families**

Get information and support. The program offers several classes:

- Insulin pump class – families can learn the information they need before entering the world of technology and diabetes management.
- Transition class – preparing high school seniors with type 1 diabetes for the next step in their lives.

No fee for Kaiser Permanente members

Virtual and in-person classes are offered at different times through the year. For more information, please call **503-331-6260**.

### Want to know more?

- Go to **[kp.org/healthengagement/diabetes](https://kp.org/healthengagement/diabetes)**.
- Find programs and services near you at **[kp.org/communityresources](https://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](https://kp.org/healthylifestyles)**. They are for Kaiser Permanente members at no additional cost. More info is on page 51.
- Visit **[kp.org/mentalhealth](https://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](https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/fitness-deals)**.

\*Only available to Kaiser Permanente members with medical coverage.



# High blood pressure: **REDUCING YOUR RISK**

High blood pressure (hypertension) is often called the “silent killer,” because it usually has no symptoms. It increases the risk of two leading causes of death for Americans—heart disease and stroke.

High blood pressure also increases your risk for other health problems. These include heart attack, vision loss, and kidney damage and failure. Your risk for these conditions goes up as your blood pressure goes up. And the longer your blood pressure stays high, the higher your risk.

High blood pressure is defined most often as a blood pressure of 140/90 or higher for people 18 and older. Depending on your medical history and any personal risk factors, your doctor may recommend a blood pressure of less than 130/90.

## Are you at risk?

You are more likely to have high blood pressure if you:

- Use nicotine products.
- Are overweight.
- Are African-American.
- Have family members with high blood pressure.
- Don't get regular exercise.
- Have a lot of salt in your diet.
- Drink too much alcohol.
- Regularly use decongestants, anti-inflammatory drugs, or steroids.



## What can help?

- Monitoring your blood pressure at home and keeping records of the measurements.
- Reaching/staying at a healthy weight. It is one of the most effective ways to lower your blood pressure naturally.
- Making healthy choices that can lower your blood pressure. These include:
  - Getting regular physical activity.
  - Staying nicotine-free or quitting if you smoke, vape, or chew.
  - Eating foods lower in salt. This usually includes processed foods.
  - Limiting or cutting out alcohol.
  - Managing stress.
  - Taking any medications as prescribed by your doctor.

## Blood pressure: Measure it at home

- Taking your blood pressure in a relaxing environment, such as your home, adds to the information your health care team gets when you visit the medical office.
- Measuring your own blood pressure helps you work with your health care team to reach your blood pressure goal.

## What do those numbers mean?

The numbers of a blood pressure reading show the force of your blood pushing against the arteries.

Blood pressure is recorded as two numbers, for example, 120/80.

- The first, larger number is the “systolic pressure.” It measures the pressure when your heart is pumping.
- The second, smaller number is the “diastolic pressure.” It measures the pressure when your heart is resting.

It's OK if your blood pressure changes during the day. It is normal to have small changes in your blood pressure throughout the day. It can be affected by time of day, physical activity, diet, certain medications, and emotional stress.

## What kind of monitor should I use?

Choose a monitor that goes around your upper arm. It is more accurate than a finger or wrist monitor.

There are models that measure blood pressure automatically. Others are manual and are used with a stethoscope. The automatic kind has a cuff that inflates itself and is easier to use. For a list of home blood pressure devices that have been tested and approved for accuracy (validated), visit **[validatebp.org](https://www.validatebp.org)**.

Be sure your monitor's display is clear and easy to read.



For more information, watch:

- How to measure blood pressure, **[kp.org/measurebloodpressure/nw](https://www.kp.org/measurebloodpressure/nw)**
- Lifestyle changes to lower blood pressure, **[kp.org/lowerbloodpressure/nw](https://www.kp.org/lowerbloodpressure/nw)**



# 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](https://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](https://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](https://healthoregon.org/livingwell) for more information.

### Want to know more?

- Visit [kp.org/healthengagement](https://kp.org/healthengagement) for information on pain, ADHD, and more.
- Check out the online wellness programs at [kp.org/healthylifestyles](https://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](https://kp.org/video).
- See pages 17-18 for diabetes prevention information.
- Visit [kp.org/cancercare/nw](https://kp.org/cancercare/nw).
- Visit [kp.org/mentalhealth](https://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](https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/fitness-deals).
- Find programs and services near you at [kp.org/communityresources](https://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.





# Mind and Body Health

## 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.

## Stress Less and Thrive – online group coaching

### For Kaiser Permanente members 18 and older

Move from coping with stress to developing greater resilience and the ability to thrive in the face of life's many challenges.

In this online program, you will develop a stress management plan that is realistic and doable, that helps fit your lifestyle and supports your core values. Group coaching draws on inner knowledge and brings with it the wisdom of the group to increase success for all.

4 sessions, 1 hour each

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 also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Find Your Motivation – online group coaching

### For Kaiser Permanente members 18 and older

Get help to start healthy habits or stop unhealthy ones.

Are your intentions for healthier habits not quite in line with your actions? This online series may be just what you need. Group coaching combines the inner knowledge of each participant with the wisdom of the group to increase success for all. The activities in this series are designed to help you create enjoyable health routines and improve your quality of life.

4 sessions, 1 hour each

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 also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



## Alzheimer's and Dementia

**For anyone who has concerns about memory for themselves or loved ones, or who is caring for a loved one with dementia**

The Alzheimer's Association offers resources and programs for people living with the disease, caregivers, family members, friends, and the public. They include:

- A variety of support groups offered in-person or by phone or video chat.
- ALZConnected, an online community.
- Live and on-demand education programs.
- Science-based McGinty conferences held annually in different cities across Oregon.

No fee

For more information, please call the 24/7 helpline at **1-800-272-3900** or go to **alz.org/orswwa/helping\_you**.

## Autism Spectrum Disorder Caregiver Orientation

**For families with children recently diagnosed with Autism Spectrum Disorder**

Learn about your child's diagnosis and how to help support their development.

This online 37-minute program provides information about autism, accessing care through Kaiser Permanente, and accessing other systems of care and support in the community.

You can watch anytime at **kp.org/ASDcaregiverorientation/nw**.

No fee for Kaiser Permanente members

For more information about the class, please call **503-331-6357**.

## Complementary and Integrative Medicine

**For Kaiser Permanente members with or without chronic health conditions, who are interested in prevention and want to add a holistic dimension to their care**

Discover how integrative medicine (also referred to as "natural medicine") treats the whole you.

Learn about holistic health care and how to help take control of your health and create more balance in your life. After attending this session, you will be invited to an individual follow-up appointment for specific recommendations.

1 session, 2 hours

Fee: Office visit copay

A referral from your doctor is required for this class.

To register, please call **503-335-2671** or **1-888-813-2100**, ext. 162671.



## Cognitive Behavioral Therapy for Insomnia (CBT-I)

### For Kaiser Permanente members struggling with insomnia

Learn about the factors that regulate sleep, with an emphasis on developing healthy sleep behaviors and thoughts to improve insomnia.

You'll meet with a Sleep Medicine Department clinician for evaluation. Therapy focuses on making the most of things you can do to promote sleeping well regularly. This includes sleep hygiene, stimulus control, making sure you spend appropriate lengths of time in bed, and identifying thoughts that contribute to insomnia. You'll be screened and offered treatment for other sleep disorders if needed, as the treatment can improve insomnia or CBT-I success.

One 45-minute screening appointment, available as a video visit\*, followed by referral for online resources or one-on-one or virtual follow-up.

An adult support person is welcome to attend with you.

A referral from your doctor or another Kaiser Permanente clinician is required for Sleep Medicine services. Call or email your doctor at [kp.org/messages](https://kp.org/messages) to ask for a referral.



## Drop-In Grief Support Groups – virtual group

### For adults (18 and older) who have lost a loved one

This virtual support group offers you a chance to understand and express the difficult feelings that are part of grief in a safe and confidential environment. Regular participation can increase your base of support, decrease feelings of isolation, and help you develop coping skills.

These groups are led by a Kaiser Permanente bereavement counselor from the Hospice and Palliative Care Bereavement Support Program.

Ongoing support groups, 1.5 hours each meeting

No fee

For more information, please call **503-499-5307**.

\*When appropriate, available, and legally permissible.

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

\*If you travel out of state, phone appointments and video visits may not be available due to state laws that prevent doctors from providing care across state lines. Laws differ by state.

\*To have a video visit, members must be registered on [kp.org](https://kp.org) and have a camera-equipped computer or mobile device.

## Coping with Grief during the Holidays – webinar

### **For adults (18 and older) who have lost a loved one**

Get virtual support and resources as you deal during the holiday season with the loss of a loved one.

This program is led by a bereavement counselor with the Kaiser Permanente Hospice and Palliative Care Bereavement Support Program. It is offered several times during the year.

1 session, 1 hour

No fee

For more information or to register, please call **503-499-5307**.

## Living After Loss – virtual class

### **For adults (18 and older) who have lost a loved one**

Learn to understand and express the difficult feelings that are often a part of grief.

This online bereavement-support class follows a prepared course of topics. You will learn about the grieving process and develop strategies for coping. Participation may increase your base of support and decrease feelings of isolation. The series is led by a Kaiser Permanente bereavement counselor from the Hospice and Palliative Care Bereavement Support Program.

8 sessions, 1.5 hours each

No fee

For more information or to register, please call **503-499-5307**.

## Mental Health and Addiction Medicine Services

### **For Kaiser Permanente members who need support**

Find the right support at the right time.

Emotional issues and life changes affect everyone. You can start your healing in Primary Care with one of our behavioral health consultants, who are licensed therapists working alongside your personal doctor. We are also equipped to provide access to individual and group therapy, emotional wellness and self-care apps, and higher levels of care in our Mental Health and Addiction Medicine Department. All services are designed to help you begin to improve your well-being, with more confidence, and ready to manage whatever life sends your way.

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

For more information, talk with your personal doctor, call our self-referral line at **1-855-632-8280**, or go to **[healthy.kaiserpermanente.org/oregon-washington/health-wellness/mental-health/services](https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/mental-health/services)**.



## Support for the Supporters Caregiver Group – online

**For people 21 and older who are caring for a loved one with a cancer diagnosis**

Get virtual support and resources that can help you.

This online group provides an opportunity for members to support each other as caregivers for someone with cancer. The group is facilitated by a Cancer Counselor (licensed clinician).

Ongoing weekly sessions, 60–75 minutes each

No fee

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

## Hospice Volunteer Training Class

**For Kaiser Permanente and community members**

Hospice volunteers play an important role on our hospice team. Volunteers are community members devoting their service to improving the quality of life for our patients and families near the end of life. You may provide a break for a family caregiver or offer to do light housekeeping, prepare a meal, or help with a project. For patients living in supportive housing, volunteers focus on companionship, reading, holding a hand, or simply providing a compassionate presence.

Volunteers pass a criminal background check and drug screen test before attending a hospice volunteer training. To start the process, go to [kpnwvolunteer.org/hospice](https://kpnwvolunteer.org/hospice) or call **503-499-5168**.

No fee

Offered in the Winter, Spring, and Fall. For more information on dates and times, please call **503-499-5168**.

## Want to know more?

- Visit [kp.org/healthengagement/stress](https://kp.org/healthengagement/stress).
- Visit [kp.org/healthengagement/depression](https://kp.org/healthengagement/depression).
- Find programs and services near you at [kp.org/communityresources](https://kp.org/communityresources). Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Visit [kp.org/healthengagement/anxiety](https://kp.org/healthengagement/anxiety).
- Visit [kp.org/deathofalovedone](https://kp.org/deathofalovedone).
- Check out the online wellness programs at [kp.org/healthylifestyles](https://kp.org/healthylifestyles). They are for Kaiser Permanente members at no additional cost. More info is on page 51.
- Visit [kp.org/mentalhealth](https://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](https://healthy.kaiserpermanente.org/oregon-washington/health-wellness/fitness-deals).

\*Only available to Kaiser Permanente members with medical coverage.

A man with short brown hair and glasses is smiling and looking upwards and to the right. He is wearing a dark grey button-down shirt. He is holding a black camera with a lens attached. The background is a lush green forest with sunlight filtering through the trees, creating a bokeh effect. The overall mood is positive and hopeful.

# Freedom from Nicotine

Kick the habit

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

## Freedom From Tobacco – webinar

**For Kaiser Permanente members 18 and older who are interested in quitting tobacco**

This program is led by a certified health coach and offers an overview of strategies and resources to help you harness your power to quit tobacco.

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 also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Quitting Tobacco and Vaping – online group coaching

**For Kaiser Permanente members 18 and older**

Develop a plan to quit and stay quit.

Join this online program on quitting tobacco and vaping, led by a certified health coach. In this group, you will develop a plan based on your unique lifestyle to help support what’s most important to you and increase your likelihood to maintain long-term success. Group coaching draws on inner knowledge and brings with it the wisdom of the group to increase success for all.

4 sessions, 1 hour each

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 also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.



**Talk with a health coach  
about your options for  
quitting tobacco**

Please call and select option 2

- From Portland 503-286-6816
- From all other areas 1-866-301-3866



## Telephone Coaching

**For Kaiser Permanente members 18 and older who are thinking about quitting tobacco**

Whether you're ready to quit or just thinking about it, health coaches are available for support. We help with tobacco cessation medications, answer questions, and listen respectfully. When you are ready, we will help you create a plan and support you through the rough spots.

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. Select "Health Coach" then follow the prompts to set up your appointment for a phone or video call.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 2.

## E-visits\* for Tobacco Cessation

**For Kaiser Permanente members 18 and older**

Complete an online questionnaire and receive an action plan from a Kaiser Permanente clinician in a few hours. It will cover successful ways to quit smoking, vaping, or chewing. This may include at-home treatments, prescriptions, or recommendations to make an appointment for virtual or in-person care.

Start an e-visit at **kp.org/evisits**.

### Want to know more?

- Visit **kp.org/healthengagement/quittingtobacco**.
- 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.
- 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.
- 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.

\*If you have an HSA-qualified deductible plan, you will need to pay the full charges for e-visits, phone visits, and video visits until you reach your deductible. Once you reach your deductible, your copay is \$0 for scheduled phone and video visits.



# 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.



# Active Living

Be active. Improve your well-being.

No matter what your activity goal is – boost your confidence, participate in sports, reduce or prevent health problems – we've got the information and tools to help you succeed.

## Fall Prevention and Balance Screening

**For Kaiser Permanente members interested in learning about balance, fall prevention, and how to maintain mobility as you age**

Learn the internal systems we use for balance, exercises designed to help improve balance, and different ways to prevent falls.

Did you know you can improve your balance and prevent falls? Falls are the leading cause of loss of independence over the age of 65, according to the U.S. Centers for Disease Control and Prevention. In this class, you will learn the foundations and skills needed to help get your balance back on track. An optional balance screening is also offered.

1 session, 2 hours

No fee for Kaiser Permanente members

To register, sign on at **[kp.org/appointments](https://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**.

## Healthy Hands Class

**For Kaiser Permanente members who have hand and wrist arthritis**

Learn strategies that may prolong your hand function.

This session covers symptom management, adaptive equipment, task modification, alternative treatments, bracing/splinting, and gentle exercises.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, sign on at **[kp.org/appointments](https://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**.

## Healthy Hips and Knees

**For Kaiser Permanente members with chronic hip and/or knee pain or osteoarthritis**

Learn about the anatomy of the hip and knee and how it relates to your symptoms.

Learn strategies to manage your hip or knee symptoms and help prevent further injuries. The session will also cover important exercises for the hip and knee and suggestions for when to seek care.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, sign on at **[kp.org/appointments](https://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**.



## Healthy Spine Class

**For Kaiser Permanente members experiencing neck, mid-back, or low back pain**

Learn strategies to help manage both acute and chronic symptoms.

Learn about anatomy, posture, body mechanics, and how you can help prevent injury. The session will cover the importance of stretching and strengthening exercise for the spine, as well as suggestions on when to seek care.

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

## NEW!

## One Pass Fitness Program

**For Kaiser Permanente Medicare health plan members**

Stay or become more active.

One Pass can help you find a fitness routine that's right for you, whether you work out at home or at a gym. You can:

- Choose from a nationwide network of gyms and fitness locations.
- Use multiple participating facilities each month.
- Work out at home with live, digital fitness classes or on-demand workouts.
- Find local clubs and social events that match your interests.

No fee for a standard membership

For more information, go to **youronepass.com** or call **1-877-614-0618** (TTY 711).



## Parkinson's Disease: Exercise as Medicine

### For Kaiser Permanente members with Parkinson's disease

Improve your understanding of Parkinson's disease and the benefits of exercise.

This class is taught by a physical therapist. You'll learn more about Parkinson's and why exercise is essential in managing your symptoms. We'll share and discuss both community and Kaiser Permanente resources.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Family members are welcome and encouraged to attend with you.

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**.

### Want to know more?

- Visit **kp.org/healthengagement/preventingfalls**.
- Visit **kp.org/healthengagement/exercise**.
- 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.





# Life Care Planning

Prepare for life's "what ifs"

Consider your personal values and how they shape the choices you make about health care.



## Life Care Planning My Values: First Steps – webinar

### For all adults 18 and older

Learn about advance directives and sharing your wishes for future health care decisions.

Life Care Planning begins with choosing someone to speak for you if you are unable to speak for yourself. This person is called a health care representative. Learn about what to consider when choosing your representative and completing your advance directive forms. You'll gain peace of mind from knowing that your values and wishes are honored in health care decisions.

1 session, 2 hours

No fee for Kaiser Permanente members

We strongly encourage an adult support person to attend with you.

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 also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

### Want to know more?

- Check out **lifecareplan.kp.org**.
- Visit **kp.org/healthengagement/aging**.
- If you're a Medicare member and need more information on the program, please call **1-877-221-8221** or **711** (TTY). Help is available 8 a.m. to 8 p.m., seven days a week.
- 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.



## We help make it easier to register for a class

### Online

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.

### By phone

Call us at **503-286-6816** or **1-866-301-3866**, Monday through Friday, and select option 1. Please have your medical record number available.

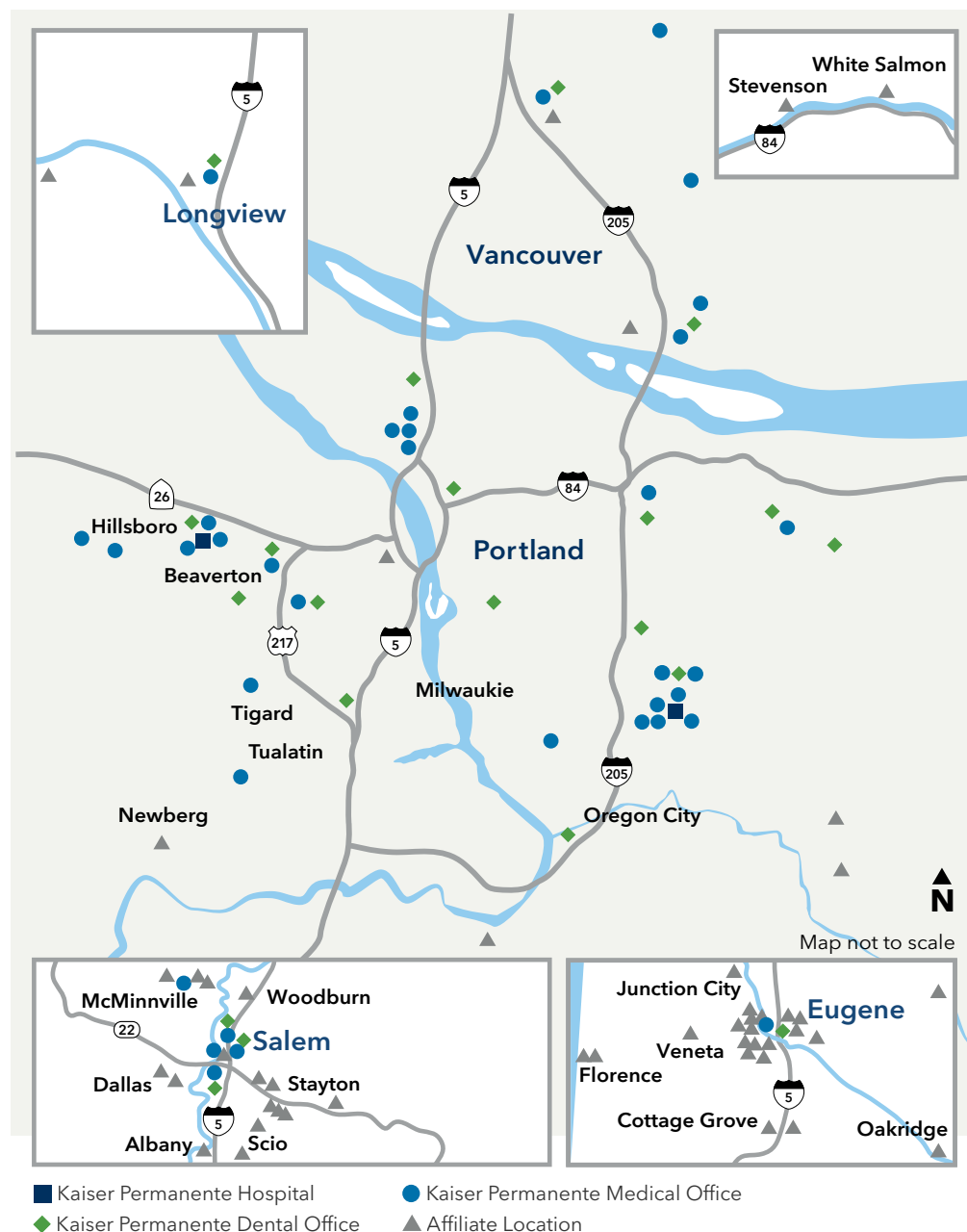
### Helpful information – Classes

One week's notice is needed to cancel registration or transfer to another class.

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. If this happens, a member of our scheduling team will email you through the **kp.org** Message Center.

# Oregon and Southwest Washington

We provide quality care to more than 600,000 members in Oregon and Southwest Washington. Our service area extends from Eugene, Oregon, to Longview, Washington, and includes medical offices, dental offices, Vision Essentials by Kaiser Permanente optical retail locations, urgent care clinics, and hospitals. We also have a network of affiliated providers for routine, urgent, or emergency care.



## Get care now

Choose from convenient options, like 24/7 phone and video or an e-visit, and find the care you need, when and where you need it.\*

[kp.org/getcare](https://kp.org/getcare)



Facility information current as of May 2024.

Go to [kp.org/locations](https://kp.org/locations) to see all our current locations and to find the facility closest to you. Or call Member Services at **1-800-813-2000 (TTY 711)**.

\*When appropriate and available. These features are available when you get care at Kaiser Permanente facilities. For high deductible health plan members, e-visits, phone visits, and video appointments are subject to your plan's annual deductible. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state. To have a video visit, members must be registered on [kp.org](https://kp.org) and have a camera-equipped computer or mobile device. Applicable cost shares will apply for services or items ordered during an e-visit.



# Oregon and Southwest Washington



## Dental

With Kaiser Permanente's coordinated medical and dental care and coverage, it can be simpler to take care of your total health. Our skilled dentists, convenient dental locations, and quality services will make you smile.

Learn more at [kp.org/dental/nw](https://kp.org/dental/nw).



## visionessentials by KAISER PERMANENTE

Our optometrists, ophthalmologists, and opticians work together within our integrated care delivery system and are able to connect to our larger team of medical professionals and services.

Learn more at [kp.org/locations](https://kp.org/locations).



## Pharmacy

Most of our Kaiser Permanente medical offices include pharmacy services. You also have the option of using our mail-order pharmacy service to fill and refill most prescriptions, and the shipping is on us.



## Affiliate Providers

Kaiser Permanente health plans include access to many affiliate providers for primary and specialty care.

Go to [kp.org/locations](https://kp.org/locations) to find the affiliate location or provider closest to you.

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

### kp.org

When you're registered on **kp.org** or the KP app, you get access to some of your personal health information.

Confidential online services available at no additional cost to members include:

- Sending secure, nonurgent email messages to your doctor.
- Viewing information about your ongoing medical conditions, allergies, past office visits, and more.
- Seeing results of some lab tests.
- Filling most prescriptions.
- Making or canceling appointments.

To get started, sign up at **kp.org/register**. Once you are registered, you can use the website or the KP app. To use the Kaiser Permanente app, you must be a member registered on **kp.org**. If you need help with the website, please call **1-800-556-7677**.

**kp.org** also has a wealth of information, including health calculators, videos, and health and drug encyclopedias.

### kp.org/healthengagement

Get tips, information, and resources you can use to help take charge of your health. This website covers wellness topics, health coaching, and class offerings from Health Engagement and Wellness Services. You'll also find videos and links from **kp.org** and other credible, outside resources. **kp.org/healthengagement** can be accessed from a desktop computer, smartphone, or tablet.

### Healthy lifestyle programs

With our online wellness programs, you'll get advice, encouragement, and tools that can help you make healthier lifestyle choices. These digital programs are far more than just information. They are designed to help you assess where you are, and then help you create an action plan to reach your health goals.

Start with a Total Health Assessment. It's a simple online survey about you, your habits, and your health. Based on your answers, we'll provide guidance on how you can make small behavior changes that can help you improve your well-being.

Topics include:

- Exercise
- Stress
- Nutrition
- Weight
- Sleep
- Tobacco
- And more

Learn more at **kp.org/healthylifestyles**.

### Active and Healthy

Complementary Healthcare Plans 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 medical record number to sign up.



# Thinking about a healthier lifestyle?

## Talk with a health coach

Wellness Coaching by Phone offers support through one-on-one phone or video calls with a coach as you discuss:

- Your health goals.
- The process of change.
- Ideas to help jump-start your motivation.
- Tools to help overcome common obstacles.
- Options for new resources and next steps.

Group Health Coaching offers the benefits of one-on-one coaching in a 4-week online group. This program may be right for you if you:

- Enjoy the energy and accountability of a group environment.
- Appreciate the dynamic of sharing ideas with others.
- Are interested in expanding your social network and building community.

Call **503-286-6816** or **1-866-301-3866**, option 2, to learn more and enroll.

You also can register by signing on at **[kp.org/appointments](https://kp.org/appointments)**. Click "Schedule appointment," then select Health and Wellness Education. Follow the prompts and make your selections to finish registering.

Wellness coaching is for Kaiser Permanente members 18 and older at no additional cost. It is available Monday through Friday.

**[kp.org/healthengagement](https://kp.org/healthengagement)**