



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**. 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

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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

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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

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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.

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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.