



Weight management

# Eat healthy. Feel more healthy.

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

### Healthy Weight – webinar

#### **For adult Kaiser Permanente members who are struggling to lose or maintain their weight**

Explore solutions for success in weight management and increase confidence in your ability to manage your weight and health, long term.

Become a healthier version of yourself by focusing on the root causes of your weight management struggles. Registered dietitians help you explore effective and practical ways to achieve long-term weight management and overall health.

12 sessions, 75 minutes each

No fee for Kaiser Permanente members

Only registered members can attend; please do not bring children or support people to class.

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 our selections to finish registering.

**Note:** *Please register for only the first session of a class.* When you schedule online, [kp.org](https://kp.org) will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to [kp.org](https://kp.org) and see all the dates and times of your upcoming sessions.

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 (see article on page 50). 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.



## Plant-based Eating Program – webinar

**For Kaiser Permanente members 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.

From the comfort of your home or office, 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.

3 sessions, 1.5 hours 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.

**Note:** *Please register for only the first session of a class.* When you schedule online, **kp.org** will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to **kp.org** and see all the dates and times of your upcoming sessions.

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

## Wellness Coaching by Phone Program

### 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 49.
- 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.
- Use the apps at **kp.org/selfcareapps\***. They are digital personalized programs. *myStrength* includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. Topics include pregnancy and early parenting. *Calm* is for relaxation, sleep, and dealing with emotions – designed to help lower stress, reduce anxiety, and more. *Ginger* gives you text-based emotional support coaching, available 24/7.

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