



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 and looking 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 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, 1.5 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**.

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 49.
- 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. *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.