

Let's Start Something!



CENTER FOR
HEALTHY LIVING

 KAISER PERMANENTE®



Center for Healthy Living Programs

Everyone can use a little support to get their health on track. We can guide you in the right direction.



IN PERSON



Interactive workshops



BY PHONE



Wellness Coaching by Phone



ONLINE



Personal Action Plan

Ready to make some changes? **Let's get started** ▶

kp.org/centerforhealthyliving



IN PERSON

If you want to...	...then this workshop is for you!
Lose weight	▶ Healthy Balance (fee-based)*
Manage your diabetes	▶ Living Well with Diabetes: Taking Care of Yourself
Quit tobacco	▶ Freedom from Tobacco
Sleep better	▶ Sleep Well, Live Well
Enjoy breastfeeding	▶ Breastfeeding with Success
Plan for your future health care	▶ Life Care Planning
Have a healthier heart	▶ Taking Care of Your Heart
Manage heart failure	▶ Heart Failure: Living Well Each Day



BY PHONE

Wellness Coaching by Phone

Whether you need support to quit tobacco or manage your weight, you can work with a wellness coach to build a plan tailored just for you! To schedule a phone appointment, call **1-866-862-4295** between 7 a.m. and 7 p.m., Monday through Friday. Available to Kaiser Permanente members only.



ONLINE

Wherever you are, you're just a few clicks away from watching videos chosen for you by your health care team. If you're registered on kp.org, check out your Personal Action Plan at kp.org/action-plan on your computer or mobile device. (To register, visit kp.org/register.)

Call us to register for a workshop.

- Antelope Valley 661-726-2200
- Baldwin Park 626-851-5820
- Downey 562-622-4150
- Fontana/Ontario 909-609-3000
- Kern County 661-664-3712
- Los Angeles 323-783-4472
- Orange County 1-888-988-2800
- Panorama City 818-375-3018
- Riverside/Moreno Valley 951-352-0292
- San Diego 619-641-4194
- South Bay 310-602-7940
- West Los Angeles 323-298-3300
- Woodland Hills 818-719-4305

Check kp.org/centerforhealthyliving for more workshop information and kp.org/healthybalance for our weight management program* calendars.

Workshops and Fees

Most workshops are offered at no charge to Kaiser Permanente members. Healthy Balance* requires a fee. Contact your local Center for Healthy Living for more information on fees and availability.

Most programs are available in English and Spanish.



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* Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of the Southern California Permanente Medical Group. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.

Photo shows models, not actual patients.