

HEALTHY LIVING

health and wellness classes and resources

FREE
Please take
one



KAISER PERMANENTE®  thrive

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232.



Thinking about a healthier lifestyle?

TALK WITH A HEALTH COACH

You can get support and motivation in a brief chat with a coach as you discuss:

- Your health goals.
- The process of change.
- Your options for next steps.

You can talk over the phone or set up a video appointment.

To register, sign on at kp.org/appointments. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Next, select Health Coach. Then follow the prompts to select phone or video and the coach, date, and time you want.

You also can call 503-286-6816 or 1-866-301-3866, option 2

This service is free for Kaiser Permanente members. It is available Monday through Friday, in English and Spanish.



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Offerings subject to change.



Medical + Dental: **BETTER TOGETHER**

Experience a new way to take care of your total health.

Combining Kaiser Permanente's medical and dental coverage lets you experience our uniquely coordinated approach to care. Save a trip – and often a copay – by taking care of minor medical needs, like flu shots or vaccinations, during your dental appointment.* Plus, your dentist can view your electronic health record to see if you're due for a screening, lab test, or follow-up appointment.

Learn more at kp.org/dental/nw.

BENEFITS TO YOU

- One ID card and one electronic record that captures your total health
- Enhanced collaboration between your medical and dental care teams
- Seamless integration with Kaiser Permanente pharmacies

* Medical services not available at all dental locations. You must be enrolled in Kaiser Permanente Medical Plan to receive medical 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.



Preparation for Birth

For Kaiser Permanente members who are expecting a baby

Increase your knowledge, skills, and confidence about the birth process and early postpartum (after the birth) period.

What is a birth plan? How do you manage labor pain? What are your plans for feeding baby? Learning more about the labor and birth process, acquiring skills, and understanding your options will help you to more confidently make decisions in this experience. Register in your 5th month to join a supportive group to prepare yourself and share ideas and resources with other expecting parents.

You have a choice of taking this class in 5 sessions, 2 hours each, or 2 sessions, 5 hours each (plus a 1-hour lunch break).

No fee for Kaiser Permanente members

A support person is welcome 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 to select the class, location, and date you want.

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.

Preparation for Birth – Online

For Kaiser Permanente members who are expecting a baby

Increase your knowledge, skills, and confidence about the birth process and early postpartum (after the birth) period.

Learning more about the birth process, new parenting issues, and your options allows you to more confidently make decisions about your experience. You'll receive a password you can use anytime to access the online program. It includes audio, videos, information you can download and print, and links to other sites.

No fee for Kaiser Permanente members

To register, please call 503-286-6816 or 1-866-301-3866 and select option 1.



Are you on bed rest?

If a complicated pregnancy prevents you from attending a traditional class, you still have access to essential "Preparation for Birth" information. You can register for "Preparation for Birth – Online." Call 503-286-6816 or 1-866-301-3866, option 1.



Healthy Pregnancy

For pregnant Kaiser Permanente members who want support in managing their weight gain and enhancing their and baby's health during pregnancy

Learn about meal planning, physical activity, and ways to avoid gaining too much weight during your pregnancy.

You'll talk with a registered dietitian by phone once per week for 2 weeks. Then you'll talk with a health coach every other week or so after that. Together, you'll work on ways to optimize your health during pregnancy and manage your rate of weight gain. You'll receive guidance for healthy meal planning, ways to maintain activity throughout pregnancy, and tools to help you achieve your healthy lifestyle goals.

Weekly/bimonthly sessions during pregnancy, 10-25 minutes each

No fee for Kaiser Permanente members

Many online materials and resources can be found at kp.org/healthengagement/pregnancy.

For more information or to register, please call 503-286-6816 or 1-866-301-3866 and select option 2.



CenteringPregnancy® Group Prenatal Care

For Kaiser Permanente members who are expecting a baby

Become part of a community that empowers you to be actively involved in your own care and equips 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 to have your baby checked 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 coverage. Contact Member Services for information, 1-800-813-2000.

For more information or to register, please call 1-855-285-4246.

Hospital Birth Tour

For Kaiser Permanente members who plan to give birth at a Kaiser Permanente hospital

Learn what to expect from admission to discharge and become more familiar with the space.

A hospital birth tour provides information about your birth experience. You will have the chance to see your hospital's labor, birthing, and family rooms. Register early (in your 5th month) and attend the tour during your 7th or 8th month of pregnancy.

1 session, 1 hour

No fee for Kaiser Permanente members

You may bring one support person with you who is 12 or older.

Locations:

- Kaiser Permanente Sunnyside Medical Center
- Kaiser Permanente Westside Medical Center
- Legacy Salmon Creek Medical Center

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 to select the class, location, and date you want.

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



Food fights?

Concerned about your family's health and eating habits? Learn more in a free webinar. See page 8 for details.

Salem Hospital Birth Tour

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

Families can join a tour of the Family Birth Center anytime during the pregnancy. Registration is required.

No fee for Kaiser Permanente members

Register online at saalemhealth.org/chec or by calling 503-814-2432.

Tool Kit for New Parents

For Kaiser Permanente members who are expecting a baby

Learn skills and increase your confidence to effectively care for your baby.

Being a parent is fun but it's not easy! Discover what life is like from the newborn's perspective, and how they communicate. You'll practice baby care skills such as holding, diapering, bathing, swaddling, and methods of soothing. You can also explore the concept of what being a parent is really about, with other parents-to-be like yourself.

1 session, 2 hours

No fee for Kaiser Permanente members

A support person is welcome 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 to select the class, location, and date you want.

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



New Parent Support Group

For Kaiser Permanente parents and their babies during first 6 months of life

Connect and communicate with other parents for support and sharing of experiences.

Learn and share information about sleep, feeding, play, adjusting to life with a new baby, and more with other new parents.

Weekly sessions, 1.5 hours each

No fee for Kaiser Permanente members

Your baby, if not yet mobile (not crawling/walking), is welcome to attend with you. Please do not bring any older children.

To register, please call 503-286-6816 or 1-866-301-3866 and select option 1.



Breastfeeding Group Visit

For Kaiser Permanente members who are breastfeeding

Get ongoing education and support for breastfeeding.

Do you have questions about breastfeeding your baby? Get help at our weekly group visits. Come and meet other parents, weigh your baby, get a quick check of how your baby is latching, and discuss other topics related to the care of your newborn. The group is led by a lactation consultant.

Ongoing sessions, 1.5 hours each

No fee for Kaiser Permanente members

For more information and to schedule a group visit, please call 1-855-206-0302.

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

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on kp.org/appointments. Under “Select a reason for appointment,” choose Physical Therapy Classes, then choose the class you want to schedule.

Want to know more?

- Visit kp.org/healthengagement/pregnancy.
- 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.
- Visit kp.org/healthengagement/kidsandfamily.
- Listen to or download free audio programs at kp.org/audio.
- For vasectomy information or to make an appointment, please call 503-571-1245.

1-Month Pediatric Group Visit

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 2-hour group visit led by a Kaiser Permanente Pediatric team – including a pediatric clinician, nurse, and a lactation consultant.

1 session, 2 hours

No fee for Kaiser Permanente members

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

EAT HEALTHY, FEEL BETTER

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



Healthy Weight

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 better health.

You can take Healthy Weight in person or online.

12 sessions, 75 minutes

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**. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

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.

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**.

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**. 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 incorporate 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 to select the class, location, and date you want.

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, 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.

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



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 free online programs for Kaiser Permanente members to help you eat healthy and lose weight. Go to kp.org/healthylifestyles.

Bariatric Surgery Support Group

For Kaiser Permanente members who are considering bariatric surgery or who have had bariatric surgery

Get support and guidance while navigating through the Bariatric Surgery Program and beyond.

Join others to share and explore experiences, stories, challenges, and achievements throughout the weight loss surgery journey. This group is led by a staff member from the Bariatric Surgery Program.

Ongoing sessions, 1.5 hours each

No fee for Kaiser Permanente members

You are welcome to bring an adult support person.

Locations:

- Keizer Station Medical Office
- Murrayhill Medical Office
- Salmon Creek Medical Office
- Sunnybrook Medical Office

To register, please call 503-571-3082.



PHYSICAL ACTIVITY IS FOR EVERY BODY, AT EVERY AGE.

From childhood to old age, everyone needs physical activity, for endurance, strength, and flexibility.

It can:

- Make you stronger and more flexible.
- Improve your balance.
- Reduce your risk of heart disease, osteoporosis, diabetes, and other diseases.
- Help you maintain a healthy body weight.
- Improve your mood.
- Give you more energy.

What should I do?

You have many choices for healthy movement. Try:

- Riding a stationary bike.
- Gardening.
- Going on a hike with your grandkids.
- Water aerobics.
- Taking a yoga or tai chi class.
- Working out with a fitness app or DVD.
- Bowling.

Even if you have health problems that limit your mobility or endurance, you can still find enjoyable activities that boost your health.

No matter which activities you choose, you need to do them regularly in order to get the most benefit.

How much should I do?

Get at least 2½ hours (150 minutes) of moderate-intensity activity each week. That's about 30 minutes on most days of the week.

Examples of moderate-intensity activities are walking briskly (3 miles per hour or faster, but not race-walking), water aerobics, ballroom dancing, general gardening, and riding a bicycle slower than 10 miles per hour.

Getting started

- Start your new fitness routine gradually. You can do several short sessions each day – a 10-minute walk here, 15 minutes of raking leaves there. Then, slowly increase the time and intensity of your workouts.
- Warm up before your activity, then slow your pace and add some gentle stretches at the end. This will lower your heart rate gradually. It also reduces the chance of stiffness and injury.
- Drink water before, during, and after exercise to avoid dehydration.
- Tell your doctor you plan to start a new fitness routine. If you join a class, let the instructor know about any health conditions. They may have special recommendations for you.
- Remember that it's never too late to start. You can improve your body and its functions at any age.



Resources

- Get tips and resources to help you stay active at kp.org/healthengagement/fitness.
- Go to kp.org/video and watch "The Benefits of Exercise."
- Check out Go4Life, a campaign from the National Institute on Aging. It's designed to help older adults fit exercise and physical activity into their daily lives, but has good info for adults of any age. Find it at www.nia.nih.gov.

Preventing diabetes

BE PROACTIVE

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

Understanding Prediabetes – Webinar

For adult Kaiser Permanente members 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

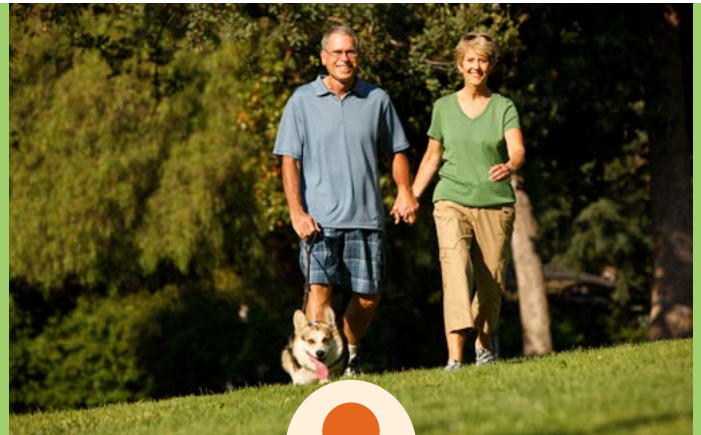
No fee for Kaiser Permanente members

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

To register, sign on at kp.org/appointments.

Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class and date you want.

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



Want to know more?

- Go to kp.org/healthengagement/prediabetes.

Preventing Diabetes Program

For Kaiser Permanente members with prediabetes (HbA1c 5.7 - 6.4%) and a BMI (body mass index) of 25 or more

Learn about healthy eating, increasing activity, meal planning, and finding healthy ways to deal with stress.

This program can help you lose weight, improve your HbA1c, and stay active. It is based on the Centers for Disease Control Diabetes Prevention Program. Our program is taught by a registered dietitian in a supportive group setting. Get help to successfully reduce your risk of developing diabetes.

Weekly group sessions for 6 months, 75 minutes each, then monthly sessions with a health coach for 6 months

No fee for Kaiser Permanente members

Note: Offerings are limited.

To register, please call 503-286-6816 or 1-866-301-3866 and select option 2.

Community Diabetes Prevention Programs

For people at high risk of developing type 2 diabetes

Reduce your risk almost by half 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:

- ymca.net/diabetes-prevention/
- cdc.gov/diabetes/prevention

Managing diabetes

TAKE CONTROL

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



Diabetes Basics

For Kaiser Permanente members who are newly diagnosed with diabetes or who have had it a while but want to better manage their condition

Learn how diabetes affects your body and what you can do to manage it.

This group, led by a certified diabetes educator, explores healthy eating, blood glucose monitoring, physical activity, and avoiding complications.

Discussions encourage you to discover your successes, learn from others, and build confidence.

3 sessions, 2.5 hours each

No fee for Kaiser Permanente members

One support person over 18 is welcome to attend with you. You are encouraged to bring your glucose meter to the first session. You may bring snacks/drinks for your own use, if needed.

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 to select the class, location, and date you want.

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.

Diabetes Basics – Webinar

For Kaiser Permanente members who are newly diagnosed with diabetes or who have had it a while but want to better manage their condition

Learn how diabetes affects your body and what you can do to manage it.

From the comfort of your home or office, learn about healthy eating, blood glucose monitoring, physical activity, and avoiding complications. The sessions are led by a certified diabetes educator.

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 to select the class, location, and date you want.

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.



Want to know more?

- Go to kp.org/healthengagement/diabetes.

Insulin Information

For Kaiser Permanente members who need to start insulin or have been taking insulin for a while and need a refresher

Learn about insulin, injection techniques, and how to time insulin with meals and activity.

This class is led by a certified diabetes educator. Proper disposal of insulin syringes also will be covered.

1 session, 3 hours

No fee for Kaiser Permanente members

One support person over 18 is welcome to attend with you. Please bring your glucose meter and log book with you to class. If you have insulin and syringes, please bring them. If you do not yet have your insulin and syringes, it is OK to attend without them.

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 to select the class, location, and date you want.

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

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.
- Advanced diabetes class – build on your type 1 diabetes knowledge and discuss the myths and realities of raising a child with diabetes.
- Transition class – preparing high school seniors with type 1 diabetes for the next step in their lives.

No fee for Kaiser Permanente members

Classes are offered at different times through the year. For more information, please call 503-331-6260.



Household medical waste

Most states have laws that require all sharps (syringes and lancets) be placed in a medical waste container for disposal. Kaiser Permanente pharmacies carry sharps containers you can buy to use at home.

Ongoing conditions

FEELING BETTER

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 feel better – and become better equipped to deal with life's ups and downs.



Adult Cancer Support Group

For people 21 and older who have been diagnosed with cancer

Share information and experiences and generally support each other through cancer and treatment.

The Cancer Support Groups are assisted by cancer counselors. Adults with all types of cancers and stages of treatment are welcome to attend. A support person is welcome to attend, with or without the participant.

Ongoing weekly and bi-weekly groups, 1.5 hours each
No fee

Locations:

- Cascade Park Medical Office
- Interstate Medical Office Central
- Longview-Kelso Medical Office
- Skyline Medical Office

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



Cancer Rehab Class

For Kaiser Permanente members with a current or prior history of cancer

Gain an understanding of and learn to manage the side effects or symptoms related to your cancer treatment.

Learn how exercise can impact your overall well-being, both during and after cancer treatment. You'll also learn about scar tissue management, American Cancer Society nutritional guidelines, and how to manage fatigue and conserve energy. The session includes education about the signs of lymphedema development, as well as risk reduction and treatment guidelines for this condition.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Locations:

- Interstate Medical Office Central
- Orchards Medical Office

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for appointment," choose Physical Therapy Classes, then choose the class you want to schedule.



Kidney Class

For Kaiser Permanente members who have been told they have reduced kidney function (chronic kidney disease with a GFR less than 60ml/min)

Learn to make lifestyle changes that reduce your risk for kidney disease and its complications.

Have you been told you have some reduced kidney function? Chronic kidney disease (CKD) affects more than 20 million adults – and millions of people with high blood pressure, diabetes, and other ongoing conditions are at risk for developing it. Lifestyle changes can help reduce your risk.

1 session, 1.5 hours

No fee for Kaiser Permanente members

You are welcome to bring one adult family member or friend with you.

Classes are offered at different times and locations throughout the year. For more information or to register, please call 503-249-3442 or 1-855-238-5631.



Pain Coping and Skills Services

For Kaiser Permanente members 18 and older who have chronic pain

Explore and practice effective ways to reduce pain and improve function.

The Pain Management Group Appointment series is led by a team of nurses, social workers, pharmacists, and physical therapy assistants. Learn ways to do more activities that are important to you, improve sleep, communicate about your pain, and enhance coping. At the end of the series, you will meet privately with a team member to discuss your personal pain management plan.

7 sessions – sessions 1-6 are 2-hour group appointments and session 7 is a 40-minute individual appointment

Fee: half of your specialty copay per session

An adult support person may attend with you at no charge.

Locations:

- Beaverton Medical Office
- Cascade Park Medical Office
- Interstate Medical Office Central
- Longview-Kelso Medical Office
- Salmon Creek Medical Office
- Skyline Medical Office
- Sunnybrook Medical Office
- Westside Medical Office

A referral is required to attend Pain Coping and Skills Services. For more information, please call 503-331-6131.



Living Well with Chronic Conditions

For 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. For information:

- In Oregon, go to healthoregon.org/livingwell.
- In Washington, go to livingwell.doh.wa.gov.



Want to know more?

- Visit kp.org/healthengagement for information on pain, ADHD, and more.
- Check out the free online management programs for Kaiser Permanente members at kp.org/healthylifestyles.
- Watch videos on diabetes, high blood pressure, and COPD at kp.org/video.
- Go to kp.org/audio for free audio programs on headaches, fibromyalgia, and more.
- See page 12 for diabetes prevention information.
- Visit kp.org/cancercare.
- Learn about health and wellness programs offered by the African-American Health Coalition, aahc-portland.org/aahc-community-health-programs.
- Use myStrength at kp.org/selfcareapps/nw. It's a digital personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support.

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.



Alzheimer's/Dementia Caregiver Support Group

For anyone caring for a loved one with dementia

Receive support and learn how other caregivers in situations like yours are managing.

This is a drop-in support group for people who are caring for a loved one with dementia at any stage. The small group is led by a facilitator.

This program is co-sponsored by the Alzheimer's Association. You can learn about Alzheimer's and dementia and their impact on the brain and general population. Community resources and the latest Alzheimer's research are reviewed.

Ongoing sessions, 1.5 hours each

No fee

Locations:

- Cascade Park Medical Office
- Interstate Medical Office Central
- Longview Medical Office
- Mt. Scott Medical Office
- Orchards Medical Office
- Salmon Creek Medical Office
- Kaiser Permanente Westside Medical Center

For more information or to register, please call 1-800-272-3900.

Understanding Alzheimer's and Dementia

For anyone who has concerns about memory – either for themselves or loved ones

Get a better understanding of what is normal aging and what is dementia.

This program is co-sponsored by the Alzheimer's Association. You can learn about Alzheimer's and dementia and their impact on the brain and general population. Community resources and the latest Alzheimer's research are reviewed.

1 session, 1 hour

No fee

Locations:

- Interstate Medical Office Central
- Keizer Station Medical Office
- Orchards Medical Office
- Kaiser Permanente Westside Medical Center

For more information or to register, please call 1-800-272-3900.

Autism Spectrum Disorder: Caregiver Orientation

For Kaiser Permanente members who are parents and caregivers of children recently diagnosed with Autism Spectrum Disorder

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

This class can help you understand your child's autism diagnosis, as well as how to access supports and services through Kaiser Permanente, the school system, and the community. It is led by a licensed marriage and family therapist and a board-certified behavior analyst.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register or for more information, please call 503-528-7635.



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 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 co-payment

Location:

- Interstate Medical Office West

A referral from your doctor is required for this class. To arrange registration, 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, followed by one-on-one or group appointments. Insomnia groups meet once a week for 4 weeks. One-on-one therapy is offered in 30-minute appointments. Group sessions are 60-90 minutes.

Fee: Specialty care office visit fee for the screening appointment. One-on-one follow-up appointments have office visit fees. There is no charge for group sessions.

An adult support person is welcome to attend individual or group sessions with you.

Sleep Medicine services are offered at:

- Cascade Park Medical Office
- Kaiser Permanente Sunnyside Medical Center
- Kaiser Permanente Westside Medical Center
- Longview-Kelso Medical Office
- North Lancaster Medical Office
- Tualatin Medical Office

A referral from your doctor or another Kaiser Permanente clinician is required for Sleep Medicine services.



Drop-In Grief Support Groups

For people who have lost a loved one

A support group offers 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.

We are here to share. Talking with others helps to ease the pain, but you are not required to talk unless you want to. These groups are assisted by a Kaiser Permanente bereavement counselor from the Hospice Bereavement Program.

Ongoing groups, 1.5 hours each meeting

No fee

Locations:

- Cascade Park Medical Office,
2nd and 4th Monday of each month, 12:30-2 p.m.
- Interstate Medical Office,
2nd and 4th Wednesday of each month, 4-5:30 p.m.
- Kaiser Permanente Westside Medical Center,
2nd and 4th Tuesday of each month, 4:30-6 p.m.
- Sunnybrook Medical Office
1st and 3rd Thursday of each month, 4:30-6 p.m.

For more information, please call the Kaiser Permanente Hospice Bereavement Program at 503-499-5307.

Living After Loss

For people who have lost a loved one

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

This 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 Kaiser Permanente bereavement counselors from the Hospice Bereavement Program.

8 sessions, 1.5 hours each

No fee

For more information or to register, please call the Kaiser Permanente Hospice Bereavement Program at 503-499-5307.

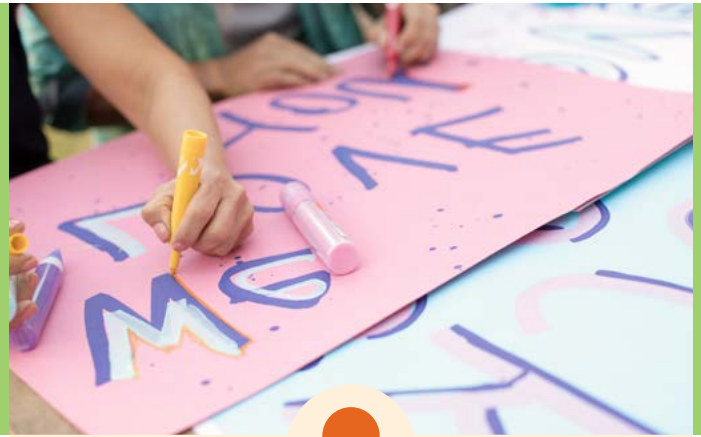
Mental Health, Addictions, and Wellness Services

For Kaiser Permanente members who need emotional support

Find the right support at the right time.

Emotional issues and life changes affect everyone. Mental Health, Addictions, and Wellness Services offers classes and individual and group services. There also are mental health and addictions clinicians in most primary care medical offices. They can consult with your primary care doctor, as well as provide you with support. All services are designed to help you start feeling better quickly, with more confidence, and ready to manage whatever life sends your way.

For more information, talk with your doctor or call us at 1-855-632-8280.



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, such as reading, holding a hand, or simply being 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 or call 503-499-5168.

2 sessions, 7.5 hours each

No fee

Locations:

- Kaiser Permanente Town Hall, Jan. 28 and Feb. 4
- Cascade Park Medical Office, April 10 and 17
- Mt. Scott Medical Office, June 19 and 26
- Tanasbourne Medical Office, Oct. 23 and 30

For more information, please call 503-499-5168.



Want to know more?

- Visit kp.org/healthengagement/stress.
- Find free guided imagery programs you can listen to or download at kp.org/audio.
- Visit kp.org/healthengagement/depression.
- Visit kp.org/healthengagement/anxiety.
- Check out free online management programs for Kaiser Permanente members at kp.org/healthylifestyles.
- Use myStrength at kp.org/selfcareapps/nw. It's a digital personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support.

KICK THE HABIT

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



Freedom from Tobacco – 6 sessions

For Kaiser Permanente members who are interested in quitting tobacco

Develop a personal plan for ending your dependence on tobacco products.

Learn strategies to overcome cravings, resist temptations, and better handle stress – without relying on tobacco.

6 sessions, 1.5 hours each

No fee for Kaiser Permanente members

Note: This class includes a planned quit date during the 2nd week.

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 to select the class, location, and date you want.

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.

Freedom from Tobacco – 1 session

For Kaiser Permanente members who are interested in quitting tobacco

Get an overview of strategies and resources to help you harness your power to quit tobacco.

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 to select the class, location, and date you want.

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



Follow [@QuitandStayQuit](https://twitter.com/QuitandStayQuit) on Twitter
Get tips and support as you declare your freedom from tobacco!



Freedom from Tobacco – Webinar

For Kaiser Permanente members who are interested in quitting tobacco

Get 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 to select the class, location, and date you want.

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

Want to know more?

- Visit kp.org/healthengagement/quittingtobacco.
- Check out the free online program for Kaiser Permanente members at kp.org/healthylifestyles.

Telephone Coaching

For Kaiser Permanente members 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.

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**

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.



Want to know more?

- Visit kp.org/womenshealth.

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

Locations:

- Orchards Medical Office
- Mt. Talbert Medical Office
- Skyline Medical Office
- Tualatin Medical Office

For more information or to register, please call 503-571-4910 or 503-571-2946.

Women's Pelvic Floor Pain

For Kaiser Permanente members who have pelvic floor pain, including pain with sex

Whether pelvic pain is limiting activities of your daily life, including walking, working, or exercising, or is only limiting sexual intimacy, you can learn how to better manage it.

Join this interactive, small group to learn ways to help your body heal. Topics include physical therapy treatments, relaxation strategies, tools to address the psychosocial aspects of pain, and simple lifestyle changes. This session is led by physical therapists and women's health counselors.

1 session, 2 hours

No fee for Kaiser Permanente members

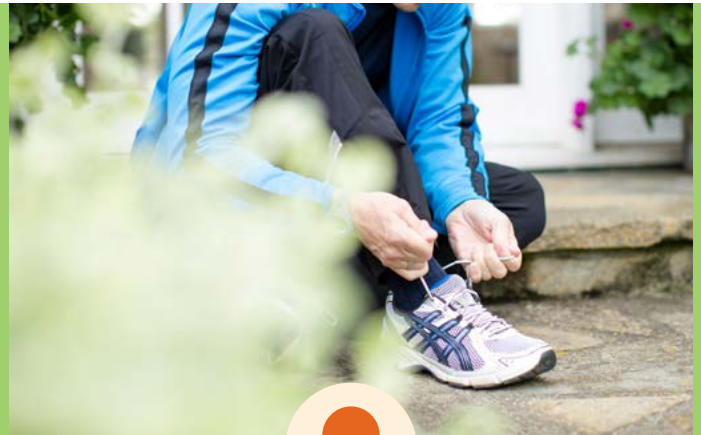
Locations:

- Mt. Talbert Medical Office
- Westside Medical Office

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

BE ACTIVE, LIVE BETTER

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.



Want to know more?

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

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 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. In this class, you will learn the foundations and skills needed to get your balance back on track. An optional balance screening is also offered.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Locations:

- Interstate Medical Office
- Mt. Talbert Medical Office
- North Lancaster Medical Office
- Orchards Medical Office
- Skyline Medical Office
- Tanasbourne Medical Office
- Tualatin Medical Office

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

Healthy Hips and Knees

For Kaiser Permanente members who have pain or arthritis

Learn how to stay active when you have symptoms of pain or arthritis.

Learn how to manage your pain and heal and strengthen your body. Proper body mechanics and activities to keep yourself strong and moving will be covered.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Locations:

- Mt. Talbert Medical Office
- Orchards Medical Office
- Tanasbourne Medical Office

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.



Healthy Spine Class

For Kaiser Permanente members with acute or low back pain

Learn strategies to manage your low back pain symptoms.

Learn about proper body mechanics to prevent injury, and how to manage the pain of flare-ups. The session will also cover important exercises for the spine and suggestions for when to seek care.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Locations:

- Interstate Medical Office Central
- Mt. Talbert Medical Office
- North Lancaster Medical Office
- Orchards Medical Office
- Skyline Medical Office
- Tanasbourne Medical Office
- Tualatin Medical Office

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

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. Community, as well as Kaiser Permanente, resources are discussed and shared.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Family members are welcome and encouraged to attend with you.

Locations:

- Interstate Medical Office Central
- Orchards Medical Office
- Tanasbourne Medical Office

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

Silver&Fit®

*For Kaiser Permanente Senior Advantage (HMO) plan members who have Silver&Fit**

Stay or become more active.

If Silver&Fit is included in your Kaiser Permanente Senior Advantage (HMO) plan, you have access to selected fitness facilities, exercise programs, and home fitness programs. You'll also have access to online tools, newsletters, and invitations to social activities. Tools at SilverandFit.com include meal and exercise planners, health trackers, Healthy Aging Programs, and ecoaching courses.

To confirm your eligibility and find a participating facility near you, please call 1-877-221-8221 (TTY 711).

*Silver&Fit is not included in the Senior Advantage Basic plan

PREPARE FOR LIFE'S "WHAT IF'S"

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



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 for the hearing/speech impaired). Help is available 8 a.m. to 8 p.m., seven days a week.
- Kaiser Permanente members can receive a discount on medical alert monitoring through LifeStation. Call 1-855-212-6236 or go to lifestationadvantage.com.

Life Care Planning My Values: First Steps

For all adults

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 agent/decision maker. Learn about what to consider when choosing your agent 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 to select the class, location, and date you want.

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.



How old do you have to be to do life care planning and complete an advance directive?

- A. 18
- B. 40
- C. 62
- D. 75

Answer: A. All adults should prepare for life's "what ifs" and make plans for their future health care.

It's easy to register for a class.



Online

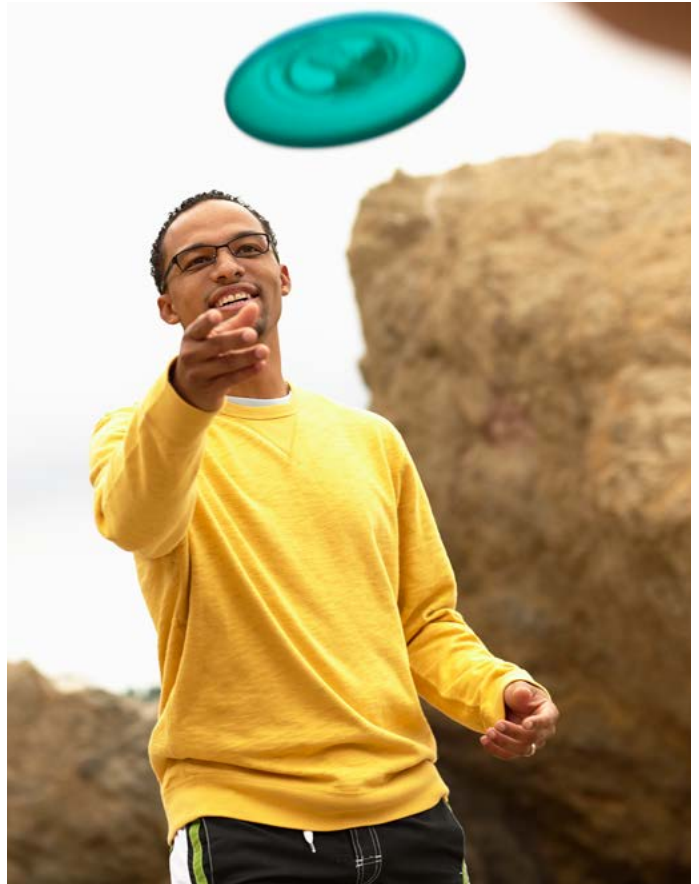
Sign on at kp.org/appointments. Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

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.

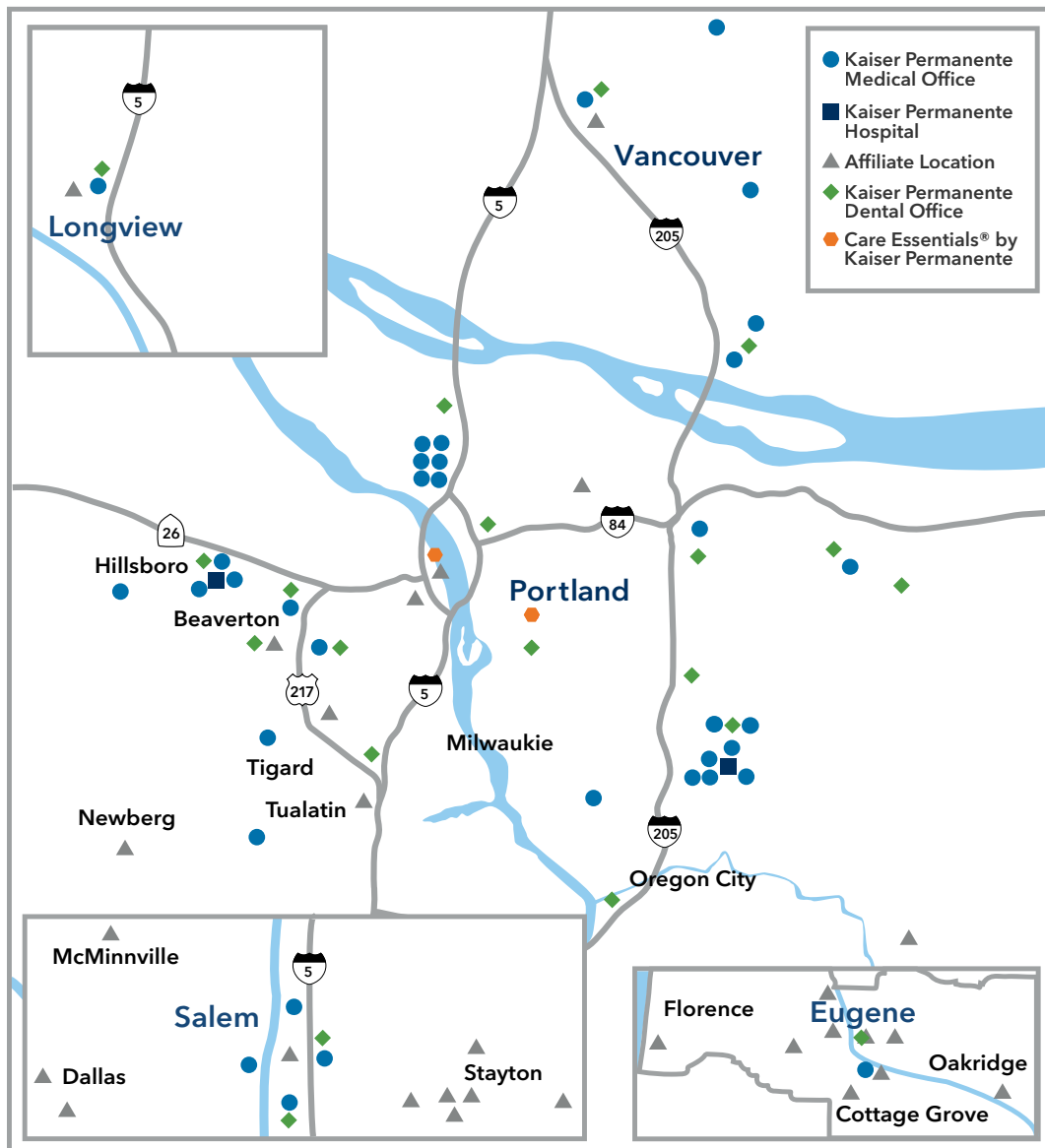
By phone

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



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 2 Kaiser Permanente hospitals and 36 medical offices. We offer dental care at 21 convenient locations. We also have a robust network of affiliated providers for routine, urgent, or emergency care.



For quick and easy care, including prescriptions, try a scheduled phone or video visit or an e-visit. Learn more at kp.org/telehealth/nw.



Facility information current as of September 2019.

Go to 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).

MEDICAL FACILITIES

Portland-area medical centers

■ Kaiser Permanente Sunnyside Medical Center
10180 SE Sunnyside Road
Clackamas, OR 97015

■ Kaiser Permanente Westside Medical Center
2875 NE Stucki Ave.
Hillsboro, OR 97124

▲ OHSU Doernbecher Children's Hospital
3181 SW Sam Jackson Park Road
Portland, OR 97239
(For children 17 and younger)

Portland-area medical offices

● Beaverton Medical Office
4855 SW Western Ave.
Beaverton, OR 97005

● Brookside Center
10180 SE Sunnyside Road
Clackamas, OR 97015

⬢ Care Essentials by Kaiser Permanente – Hawthorne
3060 SE Hawthorne Blvd., Ste. 1
Portland, OR 97214

⬢ Care Essentials by Kaiser Permanente – Pearl
1035 NW Northrup St.
Portland, OR 97209

● Cedar Hills Medical Office
12450 SW Walker Rd.
Beaverton, OR 97005

● Center for Health Research
3800 N. Interstate Ave.
Portland, OR 97227

● Clackamas Eye Care
12100 SE Stevens Court, Suite 106
Portland, OR 97086

● Gateway Medical Office
1700 NE 102nd Ave.
Portland, OR 97220

● Hillsboro Medical Office
5373 E. Main St.
Hillsboro, OR 97123

● Interstate Medical Office Central
3600 N. Interstate Ave.
Portland, OR 97227

● Interstate Medical Office East
3550 N. Interstate Ave.
Portland, OR 97227

● Interstate Medical Office South
3500 N. Interstate Ave.
Portland, OR 97227

● Interstate Medical Office West
3325 N. Interstate Ave.
Portland, OR 97227

● Interstate Radiation Oncology Center
3620 N. Interstate Ave.
Portland, OR 97227

● Mt. Scott Medical Office
9800 SE Sunnyside Road
Clackamas, OR 97015

● Mt. Talbert Medical Office
10100 SE Sunnyside Road
Clackamas, OR 97015

● Murrayhill Medical Office
11200 SW Murray Scholls Place
Suite 100
Beaverton, OR 97007

● One Town Center
10163 SE Sunnyside Rd., Ste. 490
Clackamas, OR 97015

▲ Orchid Health – Wade Creek Clinic
535 NE 6th Ave.
Estacada, OR 97023

● Rockwood Medical Office
19500 SE Stark St.
Portland, OR 97233

● Sunnybrook Medical Office
9900 SE Sunnyside Road
Clackamas, OR 97015

● Sunnyside Medical Office
10180 SE Sunnyside Road
Clackamas, OR 97015

● Sunset Medical Office
19400 NW Evergreen Parkway
Hillsboro, OR 97124

● Tanasbourne Medical and Dental Office
10315 NE Tanasbourne Dr.
Hillsboro, OR 97124

▲ The Portland Clinic – Beaverton
15950 SW Millikan Way
Beaverton, OR 97003

Facility information is current as of September 2019. For up-to-date information, please visit kp.org/facilities.

Where to find care

▲ The Portland Clinic – Downtown
800 SW 13th Ave.
Portland, OR 97205

▲ The Portland Clinic – Northeast
5005 NE Sandy Blvd.
Portland, OR 97213

▲ The Portland Clinic – South
6640 SW Redwood Lane
Portland, OR 97224

▲ The Portland Clinic – Tigard
9250 SW Hall Blvd.
Tigard, OR 97223

● Tualatin Medical Office
19185 SW 90th Ave.
Tualatin, OR 97062

● Westside Medical Office
2875 NE Stucki Ave.
Hillsboro, OR 97124
(located inside Kaiser Permanente
Westside Medical Center)

Vancouver-area medical center and offices

▲ Legacy Salmon Creek
Medical Center
2211 NE 139th St.
Vancouver, WA 98686
(24-hour, emergency, low-risk
childbirth, and selected
services only)

● Battle Ground Medical Office
720 W. Main St., Suite 15
Battle Ground, WA 98604

● Cascade Park Medical Office
12607 SE Mill Plain Blvd.
Vancouver, WA 98684

● Mill Plain One Medical Office
203 SE Park Plaza Drive, Suite 140
Vancouver, WA 98684

▲ Newberg Urgent Care and
Medical Center
2880 Hayes St.
Newberg, OR 97132

● Orchards Medical Office
7101 NE 137th Ave.
Vancouver, WA 98682

● Salmon Creek Medical Office
14406 NE 20th Ave.
Vancouver, WA 98686

Salem-area medical center and offices

▲ Salem Hospital
890 Oak St. SE
Salem, OR 97301

● Keizer Station Medical Office
5940 Ulali Drive
Keizer, OR 97303

● North Lancaster Medical Office
2400 Lancaster Drive NE
Salem, OR 97305

● Skyline Medical Office
5125 Skyline Road S.
Salem, OR 97306

● West Salem Medical Office
1160 Wallace Road NW
Salem, OR 97304

Longview-area medical center and office

▲ PeaceHealth St. John
Medical Center
1615 Delaware St.
Longview, WA 98632

● Longview-Kelso Medical Office
1230 Seventh Ave.
Longview, WA 98632

Lane County medical centers

▲ PeaceHealth Cottage Grove
Community Medical Center
1515 Village Dr.
Cottage Grove, OR 97424

▲ PeaceHealth Peace Harbor
Medical Center
400 9th St.
Florence, OR 97439

▲ PeaceHealth Sacred Heart
Medical Center at RiverBend
3333 RiverBend Dr.
Springfield, OR 97477

▲ PeaceHealth Sacred Heart
Medical Center University District
1255 Hilyard St.
Eugene, OR 97401

Where to find care

Lane County medical offices

- Kaiser Permanente Downtown Eugene Medical Office
100 W. 13th Ave.
Eugene, OR 97401
- ▲ Albertsons Sav-On Pharmacy – Coburg
311 Coburg Rd.
Eugene, OR 97401
- ▲ Albertsons Sav-On Pharmacy – Royal
4740 Royal Ave.
Eugene, OR 97402
- ▲ Hirons Drug – 18th Ave.
185 E. 18th Ave.
Eugene, OR 97401
- ▲ Hirons Drug – Franklin
1950 Franklin Blvd.
Eugene, OR 97403
- ▲ ICCO, LLC – Nova Urgent Care – Coburg
1800 Coburg Rd.
Eugene, OR 97401
- ▲ ICCO, LLC – Nova Urgent Care – Cottage Grove
1445 Gateway Blvd.
Cottage Grove, OR 97424
- ▲ ICCO, LLC – Nova Urgent Care – Harlow
445 Harlow Rd.
Springfield, OR 97477
- ▲ ICCO, LLC – Nova Urgent Care – Junction City
355 W. 3rd Ave.
Junction City, OR 97448
- ▲ ICCO, LLC – Nova Urgent Care – Patterson
598 E. 13th Ave.
Eugene, OR 97401
- ▲ ICCO, LLC – Nova Urgent Care – Pleasant Hill
35859 Hwy. 58
Pleasant Hill, OR 97455
- ▲ ICCO, LLC – Nova Urgent Care – Territorial
87983 Territorial Hwy.
Veneta, OR 97487
- ▲ ICCO, LLC – Nova Urgent Care – Thurston
5781 Main St.
Springfield, OR 97478
- ▲ ICCO, LLC – Nova Urgent Care – Willamette
2710 Willamette St.
Eugene, OR 97405
- ▲ Orchid Health – Oakridge
47815 Hwy. 58
Oakridge, OR 97463
- ▲ PeaceHealth Medical Group – Cottage Grove
1515 Village Dr.
Cottage Grove, OR 97424
- ▲ PeaceHealth Medical Group – Florence
380 & 390 9th St.
Florence, OR 97439
- ▲ PeaceHealth Medical Group – RiverBend Pavilion
3377 RiverBend Dr.
Springfield, OR 97477
- ▲ PeaceHealth Medical Group – Santa Clara
2484 River Rd.
Eugene, OR 97404
- ▲ PeaceHealth Urgent Care – Gateway
860 Beltline Rd.
Springfield, OR 97477
- ▲ PeaceHealth Urgent Care – Valley River
1400 Valley River Dr., Ste. 110
Eugene, OR 97401
- ▲ PeaceHealth Urgent Care – West 11th
3321 W. 11th Ave.
Eugene, OR 97402
- ▲ Safeway Pharmacy – Florence
700 US-101
Florence, OR 97439
- ▲ Safeway Pharmacy – Pioneer Parkway
1891 Pioneer Pkwy. E.
Springfield, OR 97477

DENTAL FACILITIES

Portland-area dental offices

- ◆ Aloha Dental Office
17675 SW Tualatin Valley Hwy.
Beaverton, OR 97003
- ◆ Beaverton Dental Office
4855 SW Western Ave.
Beaverton, OR 97005
- ◆ Cedar Hills Dental Office
12450 SW Walker Rd.
Beaverton, OR 97005
- ◆ Clackamas Dental Office
10209 SE Sunnyside Road
Clackamas, OR 97015
- ◆ Eastmoreland Dental Office
5025 SE 28th Ave.
Portland, OR 97202
- ◆ Glisan Dental Office
10102 NE Glisan St.
Portland, OR 97220
- ◆ Grand Avenue Dental Office
1314 NE Grand Ave.
Portland, OR 97232
- ◆ Gresham Dental Office
360 NW Burnside St.
Gresham, OR 97030

- ◆ Kaiser Permanente Dental
at Johnson Creek
9300 SE 91st Ave., Ste. 310
Happy Valley, OR 97086
- ◆ North Interstate Dental Office
7201 N. Interstate Ave.
Portland, OR 97217
- ◆ Oregon City Dental Office
1900 McLoughlin Blvd., Suite 68
Oregon City, OR 97045
- ◆ Rockwood Dental Office
822 NE 181st Ave.
Portland, OR 97230
- ◆ Tanasbourne Dental Office
10315 NE Tanasbourne Drive
Hillsboro, OR 97124
- ◆ Tigard Dental Office
7105 SW Hampton St.
Tigard, OR 97223

Vancouver-area dental offices

- ◆ Cascade Park Dental Office
12711 SE Mill Plain Blvd.
Vancouver, WA 98684
- ◆ Salmon Creek Dental Office
14406 NE 20th Ave.
Vancouver, WA 98686

Salem-area dental offices

- ◆ Kaiser Permanente Dental
at Keizer Station
5910 Ulali Dr.
Keizer, OR 97303
- ◆ North Lancaster Dental Office
2300 Lancaster Drive NE
Salem, OR 97305
- ◆ Skyline Dental Office
5135 Skyline Road S.
Salem, OR 97306

Longview-area dental office

- ◆ Longview-Kelso Dental Office
1230 Seventh Ave.
Longview, WA 98632

Lane County dental office

- ◆ Valley River Dental Office
1011 Valley River Way
Eugene, OR 97401

Oregon and Southwest Washington



Dental

With Kaiser Permanente's coordinated medical and dental care and coverage, it's 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.



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.



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.

The 10 Vision Essentials locations are within most Kaiser Permanente medical offices. Saturday hours are available at Beaverton Medical Office, Cascade Park Medical Office, and Clackamas Eye Care.



Care Essentials by Kaiser Permanente are convenient care clinics that provide nonemergency and preventive health services to both Kaiser Permanente members and nonmembers.

- Treatment for minor illnesses and injuries
- Preventive services, including checkups, vaccinations, and some lab and diagnostic testing

There are 2 Portland locations in the Hawthorne and Pearl neighborhoods.

Learn more at careessentials.org.



Affiliate Providers

Kaiser Permanente health plans include access to affiliate providers for primary and specialty care, including The Portland Clinic.*

*Not available as an in-network provider to members on Medicaid, receiving full Medical Financial Assistance from Kaiser Permanente, or visiting from another Kaiser Permanente region.

Leading your life with a balanced sense of wellness – in body, mind, and spirit – contributes 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.

Free and confidential online services available 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 prescriptions.
- Making or canceling appointments.

To get started, download the Kaiser Permanente app or to go **kp.org/register**. If you need help with the website, please call 1-800-556-7677.

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

kp.org/healthengagement

Get tips, information, and resources you can use to 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, podcasts, links from **kp.org** and other credible, outside resources, and learning modules on topics that include prediabetes and bariatric surgery. **kp.org/healthengagement** can be accessed from a desktop computer, smartphone, or tablet.

Social media

These outlets provide a little information and inspiration to help you make healthier choices. They are powered by the Health Engagement and Wellness Services Department of Kaiser Permanente Northwest.

- **twitter.com/HealthyLivingNW**
Get out and about, and have fun with your family and friends.
- **twitter.com/QuitandStayQuit**
Get tips and support as you become a former tobacco-user.



At Kaiser Permanente, there are many resources to help you get healthy and stay healthy.

Healthy lifestyle programs

With our online wellness programs, you'll get advice, encouragement, and tools to help you create positive changes in your life. These digital programs are far more than just information. They are designed to help you assess where you are, and then provide tailored tips, tools, and messages that meet your specific goals.

Start with a Total Health Assessment, a simple online survey about you, your habits, and your choices. Your answers result in a personal Health Profile created just for you by health professionals. It will help you set goals to improve your well-being.

These programs can help you with:

- Eating healthy
- Losing weight
- Moving more
- Sleeping better
- Reducing stress
- Quitting smoking
- Managing health conditions

Learn more at kp.org/healthylifestyles.

ChooseHealthy™*

ChooseHealthy is an online health resource. A basic membership is free for Kaiser Permanente members. It includes a library of health and wellness information, fitness club discounts, savings on health products and services, and more.

For more information, or to register, go to kp.org/choosehealthy.

Complementary care

Choose the type of care and activities that will help you meet your health goals. Members are eligible for special discounts at health clubs and certain kinds of complementary care, including acupuncture, chiropractic care, massage therapy, and naturopathic care.

Make sure you ask about the provider's or club's specific discount before you schedule an appointment or join (discounts vary).

For a list of participating clubs and Complementary Healthcare Plans (CHP) providers, go to kp.org/memberdiscounts.

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 health record number to sign up.

*ChooseHealthy is a trademark of American Specialty Health, Inc.

MANAGING DIABETES WILL HELP YOU FEEL BETTER

If you have diabetes, you are not alone. The disease affects more than 30 million people in the United States.

With diabetes, the glucose (sugar) level in your blood is higher than normal. This happens when your pancreas does not make as much insulin as your body needs or stops making insulin entirely, or because your body is not able to use the insulin efficiently

Insulin is a hormone made by the pancreas. It helps move glucose from your bloodstream into your body's cells, where it is used for energy. When you have diabetes, the glucose gets "trapped" in your bloodstream.

Diabetes is a chronic disease, which means there is no cure. There are 3 main types:

- **Type 1** – The pancreas produces little or no insulin, so you have to take insulin injections. This is called "insulin-dependent diabetes."
- **Type 2** – The body produces too little insulin and cannot use what it produces efficiently. This is called "insulin resistance."
- **Gestational** – This type affects women in the second or third trimester of pregnancy. Blood glucose usually returns to normal levels after the baby is born. But gestational diabetes increases the risk for developing type 2 diabetes, so regular follow-up checks for diabetes is very important.

Good diabetes management will help you feel better and have more energy. It also helps prevent, delay, or reduce possible long-term health complications.

Meals

One of the most important things you can do to manage your diabetes is to control your food choices – both in quality and quantity. Eat a variety of foods at regular times each day, and eat about the same amount of food each day. Eating 3 meals with 1-2 snacks a day works well for most people. Healthy eating can help you maintain blood glucose control, a health weight, and healthy cholesterol levels.

Motion

Regular physical activity is important to every person's well-being. There are extra benefits for people with diabetes, including helping your insulin work better to lower your blood glucose. Create some specific exercise goals – what you will do, when, for how long, where – and set a regular schedule.

Monitoring

Monitoring your blood glucose levels by using a meter can help you see how well-controlled your diabetes is. Talk with your health care team about how often to check your blood sugar and know your target levels. Keeping a record of your results can help you see how your food and activity choices affect your blood glucose. Then, you can make any necessary changes to improve your blood glucose levels.

Medication

Some people with diabetes take medication, in the form of diabetes pills or insulin. Understanding how your medication works and taking it as prescribed is an important part of your health care.

Mellow

Positive support can help you cope with having diabetes. Support can come from a person who can listen and provide encouragement and feedback. Or, you might want to meet with a group or take a class and compare experiences. Maintaining emotional balance also supports your health. Stress can make your blood glucose higher, so include things that help you relax in your self-care.

Maintenance

Get regular health check-ups. This includes physical exams, dental visits, and eye exams. It's also important to have regular blood tests, including HbA1c (3-month average glucose) and lipids (fats). Discuss diabetes management with your health care team at every visit.



kp.org/healthengagement

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

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