

## Health Education Departments

### Northern California

Alameda (510) 752-9215	Hayward (510) 784-4531	Pleasanton (925) 847-5172	San Jose/ Santa Teresa (408) 972-3340
Antioch–Deer Valley (925) 813-3560	Livermore (925) 243-2920	Rancho Cordova (916) 614-4035	Selma (559) 898-6030
Antioch–Delta Fair (925) 779-5147	Manteca (209) 824-5070	Redwood City (650) 299-2433	South Sacramento (916) 688-2428
Campbell (408) 871-6463	Martinez (925) 372-1198	Richmond (510) 307-2210	South San Francisco (650) 742-2439
Clovis (559) 324-5030	Milpitas (408) 945-2732	Roseville (916) 784-5775	Stockton (209) 476-3299
Daly City (650) 301-4445	Modesto (209) 735-6060	Sacramento– Fair Oaks (916) 480-6900	Tracy (209) 839-6130
Davis (916) 614-4035	Mountain View (650) 903-2636	Sacramento– Point West (916) 614-4035	Union City (510) 784-4531
Elk Grove (916) 478-5680	Napa (707) 258-4490	San Francisco (415) 833-3450	Vacaville (707) 453-5155
Fairfield (707) 427-4466	Novato (415) 444-2173	San Rafael (415) 444-2173	Vallejo (707) 651-2692
Folsom (916) 817-5278	Oakhurst (559) 448-4415	Santa Clara (408) 851-3800	Walnut Creek (925) 295-4410
Fremont (916) 248-3455	Oakland (510) 752-6150	Santa Rosa (707) 571-4167 (707) 566-5277	
Fresno (559) 448-4415	Park Shadelands (925) 906-2190		
Gilroy (408) 848-4690	Petaluma (707) 765-3485		

### Southern California

Baldwin Park (626) 851-5820	Lancaster (661) 533-7600	Panorama City (818) 375-3018	South Bay (310) 816-5440
Bellflower (562) 622-4150	Los Angeles (323) 783-4472	Riverside (951) 352-0292	West Los Angeles (323) 298-3300
Fontana (909) 427-3946	Orange County (714) 748-7843	San Diego (619) 641-4194	Woodland Hills (818) 719-4305
Kern County (661) 664-3712	Palmdale (661) 533-7600	Santa Clarita (661) 222-2100	

# POWER PACKED



Energize your life with our Healthy Living options.

## Feed Your Inner Health Nut

We all have a little voice that craves salad. Lives for exercise. And hates the taste of cigarettes. If your little voice has been getting louder, try one of our Healthy Living options below. It'll quiet right down, we promise.

### Reshape your life

Use these personalized online health improvement programs\* to assess your habits and learn ways to improve your health.

- **HealthMedia® Succeed™** for a total health assessment.
- **HealthMedia® Balance™** for weight management and physical fitness.
- **HealthMedia® Relax™** for stress reduction.
- **HealthMedia® Nourish™** for good nutrition.
- **HealthMedia® Breathe™** for smoking cessation.
- **HealthMedia® Care™ for Your Health** for managing ongoing health conditions.

Most programs are available in Spanish at [kp.org/vidasana](http://kp.org/vidasana).

### Weight Watchers®\*

Try exciting new weight management options at discounts ranging from 12 percent to 36 percent off regular product rates.

### 10,000 Steps® program†

Get in better shape, one step at a time. Using a pedometer, count your steps each day and track your progress online at [kp.org/10000steps](http://kp.org/10000steps).

### Complete Care programs

Find comprehensive support and medical care for chronic conditions with our Complete Care programs. Learn how to manage diabetes, asthma, heart disease, and other ongoing health issues.

### Healthy discounts\*

Feel good, healthy, and strong—for less. As a Kaiser Permanente member, you're eligible for:

- 25 percent off regular rates for complementary and alternative treatments, such as massage therapy, acupuncture, and chiropractic care
- Discounts of 15 percent or more and free shipping for purchases of online health products
- Preferred rates on select fitness club memberships

### Featured health topics

Get health information, details about medications and treatment options, and practical steps for preventing or managing conditions.

### Health calculators

Find out if you're at a healthy weight, see if you're getting enough calcium, learn how to avoid asthma triggers, and more.

### Health and drug encyclopedias

Knowledge is power. Find more than 40,000 pages about health conditions and treatment options, 24 hours a day.

### Your health online

Stay on top of your health, on your schedule. Sign on to our Web site, [kp.org](http://kp.org), for access to your secure personal health record and convenient services. You can:



- E-mail your doctor's office with routine health questions
- Request routine appointments and check future appointments
- Request prescription refills
- View certain lab test results and your recent immunization history

To access secure features on our Web site, [kp.org](http://kp.org), all you need to do is register online and we'll mail your password to your home in three to seven days. Some services are not available in all areas.

### The Kaiser Permanente Healthphone and Kaiser Permanente Healthwise® Handbook

For free health information you can trust, call the Kaiser Permanente Healthphone 24 hours a day at **1-800-332-7563**.

Download a directory of topics from our Web site, [kp.org](http://kp.org) (search for "Healthphone"), or order a copy by calling the Member Service Call Center at **1-800-464-4000**.

You can also look up health advice with our handy *Healthwise Handbook*. It's full of preventive and self-care information on more than 200 topics.

### Health classes

Get the support you need to quit smoking, manage your weight, and reduce stress, or take classes like yoga or tai chi. Some classes may require a fee. Go online to [kp.org/healthyliving](http://kp.org/healthyliving) or call your local Health Education Department listed here to find out which classes are available near you.

\*These products and services are provided by entities other than Kaiser Permanente. Some Kaiser Permanente benefit plans include coverage for certain of these discounted services. Plan benefits must be used before those discounted services are available. Check your *Evidence of Coverage* for details. Kaiser Permanente disclaims any liability for these discounted products and services. Should a problem arise, you may take advantage of the Kaiser Permanente grievance process by calling the Member Service Call Center at **1-800-464-4000**.

†10,000 Steps® is a registered trademark of HealthPartners, Inc.

Go to [kp.org/healthyliving](http://kp.org/healthyliving) to find out more.