# 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.

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