

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.