

Regionwide Consistent Health Education Programs

(English and Spanish)



Group Programs: Multisession

- Healthy Balance: Weight Management – Overview plus 24 sessions; join anytime and fee based
- Living Well with Diabetes: Taking Care of Yourself – 4 sessions
- Living Well: Freedom from Tobacco/Nicotine Addiction – Orientation plus 6 sessions
- Taking Care of Your Heart – 2 sessions
- Heart Failure: Living Well Each Day – 1 to 2 sessions
- Healthier Living: Managing Ongoing Health Conditions – 6 sessions
- Stress and Emotional Health Overview: Mind/Body Health – Orientation plus 6 sessions
- Sleep Well, Live Well – 4 sessions
- Healthy Lifestyles for Families – 2 sessions
- Healthy Lifestyles for Teens – 2 sessions
- Options: Bariatric Surgery Preparation Program – 12 sessions (confirm guidelines met)

Single Session

- Pre-Diabetes: Preventing Diabetes
- Prenatal series: Have a Healthy Pregnancy, Baby Care Basics, Breastfeeding for Success
- Preventing Falls: A Balancing Act
- Successful Bladder Control
- Advance Care Planning

Telephonic Coaching Program: Wellness Coaching by Phone

- 1-866-862-4295 (Call for appointment)
- Available Monday through Friday, 7 a.m. to 7 p.m.
- Self-referral only (Tear off pads available through Health Education at no cost)
- Areas of Coaching: quit tobacco, manage weight, get active, eat healthy, reduce stress
- Personal coach helps member set goals and create a manageable plan that works for them

Online Programs

- EMMI Programs – 270+ programs – ordered through KP HealthConnect® (KPHC)

Regional Referral Processes

- Tapestry referral (auto approved and direct book ready, except for Options: Bariatric Program)
- Self-referral
- Online self-registration (Prenatal series only, rest available end of 2015)



KAISER PERMANENTE®

Health Education Departments

Medical Center	Telephone Number	Tie-line (8)-
Antelope Valley/Palmdale	(661) 533-7600	359
Baldwin Park	(626) 851-5820	370
Downey	(562) 622-4150	324
Fontana	(909) 609-3000	286
Kern County	(661) 664-3712	357
Los Angeles	(323) 783-4472	363
Orange County	(888) 988-2800	-
Panorama City	(818) 375-3018	350
Riverside	(951) 352-0292	252
San Diego	(619) 641-4194	277
South Bay	(310) 602-7940	342
West Los Angeles	(323) 298-3300	388
Woodland Hills	(818) 719-4305	348
Regional Offices	(626) 381-7000	331

