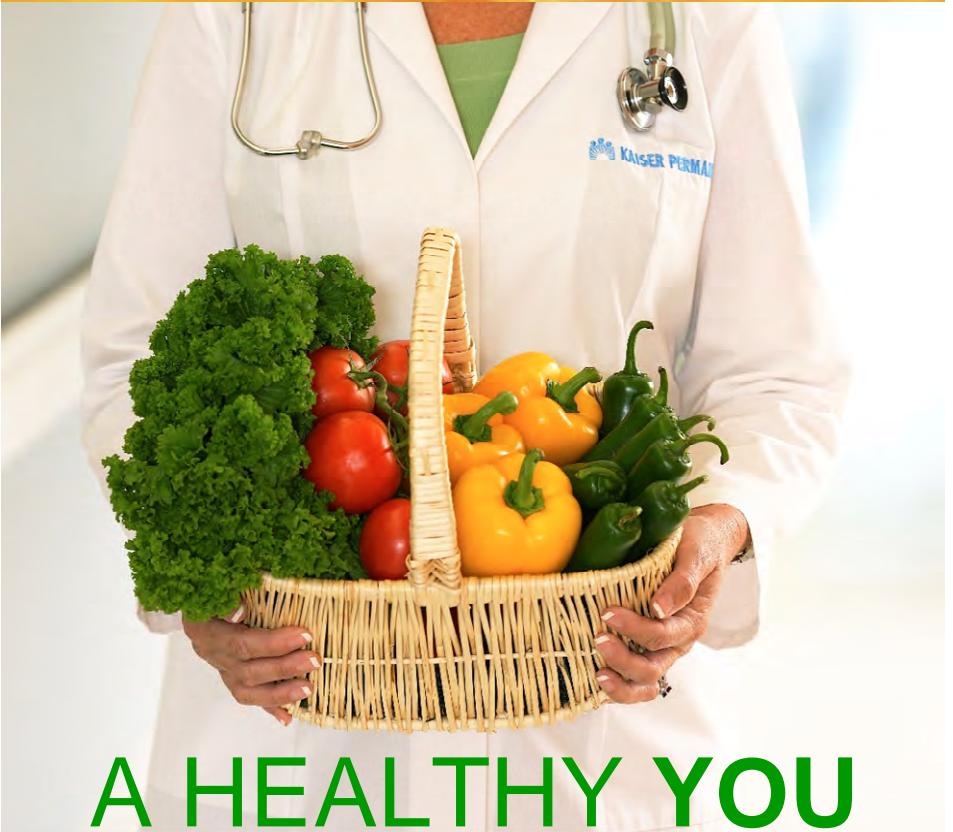


HEALTHY
LIVING

classes +
resources



A HEALTHY YOU

HAWAII ISLAND 2019

kp.org/classes

KAISER PERMANENTE®  thrive

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THRIVE SERIES:

Living a Healthy Life (MEMBERS ONLY)

Tired of constantly dieting?
Stressed out all the time?
Confused on how to get back into an exercise routine? It all starts with a plan and motivation. Join this six-week series and learn how making small changes in your diet, your lifestyle and even your attitude can help you get back on track. Each week we will discuss a different lifestyle topic including, diet, exercise, stress management, mindfulness, planning for lasting change and how to set goals. The time is now. Let's make a change together. **Pre-registration required.**

Fee: No charge

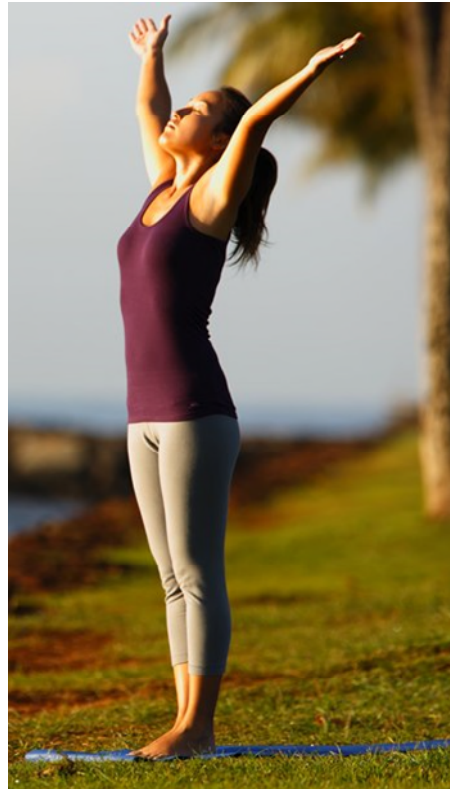
Location 1: Hilo Clinic

Dates/time: Call for dates and times

Location 2: Kona Medical Office

Dates/time: Call for dates and times

To register: Call 808-432-2260



CARING CONNECTIONS

Breast Cancer Peer Monitoring Program (MEMBERS ONLY)

Being diagnosed with breast cancer can bring up many feelings such as fear, uncertainty, or helplessness. But you are not alone. You have a choice of connecting with a breast cancer survivor to help and support you through your journey.

Fee: No charge

To request a peer mentor:
Call toll free 1-844-416-4434

NUTRITION AND WEIGHT MANAGEMENT

Thrive with Viva Veggies

Take the information from the Viva Veggies series even further by attending additional classes with our lifestyle coach, Alison Welch. Alison will discuss goal setting, mindfulness, stress management, and steps to healthier living. These free classes are on the alternate Mondays to Viva Veggies giving you a 7-week program to get on a track to the healthiest you.

Pre-registration required.

Fee: No charge if you are registered in the Plant Strong Intensive class.

Location: Kona Medical Office

Dates/time: Call for dates and time

To register: Call 808-432-2260

Viva Veggies – Intro to a Plant Strong Diet (MEMBERS ONLY)

Learn about Plant Strong eating and how it can improve your health and sense of well-being. This 90-minute class will help you understand the elements and benefits of a plant strong diet necessary to live a healthier life. The follow-up Plant Strong Intensive course will build upon the introductory course, providing recipes and cooking instructions so you can successfully transition to a plant strong lifestyle. **Pre-registration required.**

Fee: No charge

Location 1: Hilo Clinic

Date/time: Call for dates and times

To register: Call 808-934-4000

Location 2: Kona Medical Office

Date/time: Call for dates and times

To register: Call 808-334-4400

Location 3: Waimea Medical Office

Date/time: Call for dates and times

To register: Call 808-933-4500



Viva Veggies – Plant Strong Intensive

This three-session class will help you adopt and improve your plant-strong diet. **Pre-registration required.**

Note: Attending the Intro to a Plant Strong Diet class or a one-on-one appointment with a Kaiser Permanente registered dietitian are a pre-requisite for enrolling into this class.

Sessions 1 and 2: Recipes, cooking instructions, and tasting prepared items.

Session 3: How to sustain the changes you made over the long term.

Fee: \$50 per person includes a full dinner to sample the prepared dishes.

For more information: Call 808-432-2260



Weight Management and Bariatric Surgery (MEMBERS ONLY)

Transform your habits, health, and life! If you need help losing weight, you may qualify to participate in this weight management program. Benefit from a complete medical and case management assessment, with ongoing monitoring and follow-up. Services include the following:

- Individual or family-directed lifestyle and educational classes
- Medical weight monitoring by a physician
- Lifestyle classes and partial meal replacement program with Optifast®
- Bariatric surgery

Attend a free monthly informational session to learn more about your options & fees. No referral needed.

For more information: Call 808-432-7830 (Oahu)

Patient Education and Self Care

Couples Communication

(One participant from each couple must be a Kaiser member)

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. Specifically designed for couples in a committed relationship.

Pre-registration required.

Fee: \$100 per couple
(4 classes)

Location 1: Hilo Clinic

Dates/time: Call for dates and time

Location 2: Kona Medical Office

Dates/time: Call for dates and time

For a referral:

Call 1-888-945-7600



Diabetes Skills and Basics

(MEMBERS ONLY)

Get the skills you need to manage your diabetes whether you are newly diagnosed or have had diabetes for a while. Practice meal planning, develop a self-care plan, and learn how to use your blood sugar meter.

Pre-registration required.

Fee: Usual clinic visit fee

Location 1: Hilo Clinic

Dates/time: Call for dates,
1:30-4:30 pm

Location 2: Kona Medical Office

Dates/time: Call for dates,
1:30-4:30 pm

To register:

Call 808-334-4400



Lifestyle Coaching (MEMBERS ONLY)

Whether you're trying to get more active, eat better, manage your weight, or reduce stress, scheduling a convenient telephone session with your personal coach can help you create—and stick with—a plan for reaching your goals.

Fee: No charge

To make a telephone appointment:

Call 808-432-2260

Stop Pre-Diabetes In Its Tracks

(MEMBERS ONLY)

Take the first steps to lower your risk of developing diabetes. Find an eating, exercise, and stress management plan that works for you. Choose goals that set you up for success. Parents are required to attend on behalf of their child. (90-minute session).

Pre-registration required.

Fee: No charge

Location 1: Hilo Clinic

Dates/time: Call for dates, 2:30-4 pm

Location 2: Kona Medical Office

Dates/time: Call for dates, 3-4:30 pm

To register: Call 808-334-4400

Understanding High Blood Pressure Clinic

(MEMBERS ONLY)

Protect your heart and your health by learning more about blood pressure and its relationship to heart disease. Develop personal goals and start to manage your blood pressure through lifestyle changes and medication. Discover what your blood pressure numbers mean and learn how to use a home blood pressure machine.

Fee: No charge

Locations: Hilo or Waimea Clinic or Kona Medical Office

Dates/time: Offered monthly, call for dates and times

To register: Call 808-334-4400

Pregnancy and Parenting

Prenatal Class

Take this comprehensive childbirth prep series to receive specialized training including nutrition, positions for labor, breathing techniques, infant care, breastfeeding, medicated versus childbirth and more!

Fee: \$55 (6-week series)

Location: Kona Hospital, Conference Room 3

Dates/time: Please call for specific for dates and times

To register: Call 808-322-4416 (you will be enrolled in the class according to your due date)



Senior Health and Wellness

Powerful Tools for Caregivers

Powerful Tools for Caregivers is a free six two-hour sessions held in West Hawaii which helps family caregivers learn to take better care of themselves. It is led by certified community volunteers, most of them experienced family caregivers themselves. This nationwide program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, increase their ability to make tough decisions, learn about resources, and balance their lives. For more information visit www.hawaiicaregivers.org.

Fee: No charge (6-part series)

To register: Call Paulette Chang at 808-936-3191 or email HCCN@hawaiicaregivers.org

(Sponsored by Hawaii Community Caregiver Network)



Senior Wellness

(MEMBERS ONLY, AGES 60 AND ABOVE)

In this group you will learn healthy coping skills for everyday life. Topics include stress management, social networks, tips for healthy living and how to improve your quality of life. Join others in a group setting to engage your mind in positive mental health.

Pre-registration required.

Fee: No charge

Location: Kona Medical Office

Dates/time: Tuesdays, 10:30-11:30 am

To register: Call 808-933-4510 or 808-896-9641

Senior Summit Seminars

(OPEN TO THE COMMUNITY)

Attend and participate in discussions via live video conference specific to seniors with focus on prevention, personal growth, and how to maintain a healthy lifestyle.

Pre-registration required.

Living Life Before End of Life

(LIVE VIDEO CONFERENCE)

Hospice Hawaii's goal is to help patients and their families live as fully as possible for as long as possible. We want to help you be prepared in planning for the future while focusing on quality of life. Learn about Hospice Hawaii's services offered to patients, their families, and the community.

Fee: No charge

Location: Kona Medical Office

Date/time: Monday, 7/8; 9-10 am

To register: Call 808-432-2260

Medicare 101

(LIVE VIDEO CONFERENCE)

Join us for a FREE seminar and learn more about the basics of Medicare.

Fee: No charge

Location: Kona Medical Office

Date/time: Monday, 8/12; 9-10 am

To register: Call 808-432-2260

Speaker: Kaiser Medicare Sales Representative

Aging in Place: Finance and Legal

(LIVE VIDEO CONFERENCE)

Explore the cost of long-term care, government and community-based programs, private financing strategies, and long-term insurance considerations. Learn what an advance directive is, where to locate the forms, how to complete it, and how to share it with others.

Fee: No charge

Location: Kona Medical Office

Date/time: Monday, 9/9; 9-10 am

To register: Call 808-432-2260

Speaker: John Paul Abenoja, AARP

Aging in Place: Health, Home and Community

(LIVE VIDEO CONFERENCE)

A healthy lifestyle includes taking positive steps to prevent disease and manage any ongoing conditions. Explore how to assess your home's comfort and safety, discuss housing options and determine what community features are important to you.

Fee: No charge

Location: Kona Medical Office

Date/time: Monday, 10/21; 9-10 am

To register: Call 808-432-2260

Speaker: Kathy Jaycox, AARP

Fraud Prevention

(LIVE VIDEO CONFERENCE)

Get insights into the mind of fraudulent criminals gained from undercover FBI tapes and interviews with con artists. Learn to identify the most common persuasion tactics so that you can avoid them.

Fee: No charge

Location: Kona Medical Office

Date/time: Monday, 11/18; 9-10 am

To register: Call 808-432-2260

Speaker: AARP Representative

Helping Families Have Difficult Conversations

(LIVE VIDEO CONFERENCE)

Kupuna Pono is a family conferencing and mediation service offered by the Mediation Center of the Pacific to help families come together and talk about long-term care, end-of-life decisions, and healthcare directives as well as resolve any conflicts that may arise around these topics under the guidance of trained facilitators.

The informal and confidential conversation aids the family to craft a family plan that supports the values, wishes and vision for the future of the kupuna of the family. Learn more about how Kupuna Pono can help your family listen to each other move forward together.

Fee: No charge

Location: Kona Medical Office

Date/time: Monday, 12/9; 9-10 am

To register: Call 808-432-2260

Speaker: Katie Ranney, Mediation Center of the Pacific

Tobacco Free

Freedom Kit

This free easy to use kit provides tips and resources to help you quit on your own. Call 808-643-4622 to have one mailed to you today!

HealthMedia® Breathe

This award-winning online program gives you a personalized quit plan to decrease tobacco dependency, manage withdrawal symptoms, and handle cravings. Once you complete the questionnaire, you'll receive a guide tailored to your individual needs and preferences. Visit kp.org/healthylifestyles

Tobacco Free Telephone Counseling (MEMBERS ONLY)

Certified tobacco counselors will help you develop a quit plan and learn about medications and tips to make quitting easier during four convenient telephone sessions.

Fee: No charge

To make a telephone appointment: Call 808-643-4622

Tobacco Free Workshop (MEMBERS ONLY)

This one-hour workshop provides a positive, no-pressure setting to help you develop your own quit plan. Medications to help you quit are also discussed and are available at your drug benefit co-pay. Receive two follow-up telephone sessions to support you during your quit plan. Workshops held monthly.

Pre-registration required.

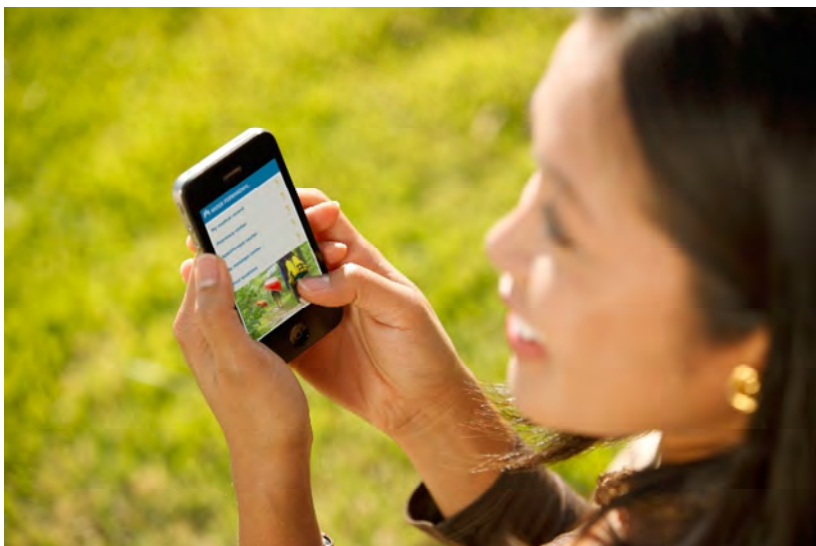
Fee: No charge

Date/time: Call for dates, times and location

To register: Call 808-643-4622

Tobacco Free Hotline: 808-643-4622

- Schedule an appointment with a certified tobacco counselor
- Get information on how to quit tobacco
- Register for a Quit Tobacco Workshop
- Medication to help you quit



ONLINE RESOURCES

kp.org/register

Helpful information is right at your fingertips, 24/7. We have made it simple to get your results, make a routine appointment, refill your medications, email your doctor's office, and so much more. To access these secure features, register today!

kp.org/10000steps

Are You Getting 10,000 Steps®?

Get out of the house, get moving, and improve your heart health with the 10,000 Steps® online walking program. Start walking your way to better health.

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

kp.org/watch

Look, listen and learn. View health videos whenever and wherever you are.

- Advance care planning: Make your wishes known
- Asthma (adult/child)
- Bladder control for women
- Eczema (childhood)
- Newborn care
- Healthy shopping for busy families
- Hip and knee replacement: before and after surgery
- Hospital safety: You are part of your health care team
- Hypertension
- Preventing falls



Kaiser Permanente
Prevention & Health Education
Kaiser Maui Lani Medical Office
55 Maui Lani Parkway
Wailuku, HI 96793



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OUR LOCATIONS

Hilo Clinic: 1292 Waiuanuenue Avenue

Kona Medical Office: 74-517 Honokohau Street

Waimea Medical Office: 67-1185A Mamalahoa Highway

To receive this flyer by mail or email, please contact our
Health Education Department at 808-432-2260