

HEALTHY
LIVING

classes +
resources



A HEALTHY YOU

HAWAII ISLAND 2020

kp.org/classes

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CANCER SUPPORT

American Cancer Society

The American Cancer Society is a nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem. Lifesaving research along with programs for prevention and early detection help diminish suffering from cancer and provide patient support. Getting cancer is hard. Finding help is not.

For more information: Call 1-800-227-2345 or visit www.cancer.org



Breast Cancer Peer Mentoring 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

Cancer Support Group (Honalo)

Informal meetings are held the last Tuesday of each month from 7 - 8:30 p.m. at Teshima's Restaurant in Honalo.

For more information: Call Shirley at 808-323-2732

Cancer Support Group for Women (Kamuela)

Whether a survivor, currently in treatment, recently diagnosed, or coping with the effects of cancer on a loved one, you are invited to join this group to discover the power of healing through connection of other women who share a common bond.

For more information: Call Tutu's House at 808-885-6777

DIABETES CARE

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



NUTRITION AND WEIGHT MANAGEMENT

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

Location 2: Kona Medical Office

Date/time: Call for dates and times

To register: Call 808-334-4400

WANT TO KNOW MORE?

- Visit kp.org/nutrition for healthy eating tips
- Go to kp.org/recipes for ideas on how to cook healthier at home

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: Kona Medical Office

Dates/time: Offered quarterly.
Call for dates and time

For a referral:
Call 1-888-945-7600



Lift Up Your Lifestyle (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 4-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.

Note: Classes are offered monthly based on enrollment.

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

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)

Wellness Support Group

(MEMBERS ONLY, AGES 60 AND ABOVE)

Aging can be challenging. Learn healthy coping strategies in a group setting with peer support. Educational topics are geared to help create community connections and support a healthier mind and body. **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

Smoking and Tobacco Cessation

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

Smoking/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

Smoking/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

Smoking/Tobacco Free Hotline: 808-643-4622

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

Community Resources

Hawaii County Office of Aging (HCOA)

HCOA includes the Aging and Disabilities Resource Center (ADRC), an information and referral agency that helps those of all ages who have disabilities. The ADRC also screens applicant eligibility for the Kupuna Care program, which provides in-home services for persons 60 and older. The free Senior Services Directory, a useful listing of many agencies on Hawaii Island, is available at the office.

For more information: Call 808-323-4390

Parks and Recreation Department, Elderly Activities

Numerous senior recreational activities and events are organized by the county, including aerobics, line dancing, ukulele lessons, karaoke, ground golf, swimming, sewing, hula and more. Contact them for a current class schedule.

For more information: Call 808-323-4340

Hawaii County Nutrition Program (60 and older)

Nutritious, low cost lunches are available to older individuals (aged 60 and older) through two services: Congregate Dining and Meals on Wheels.

For more information: Call 808-961-8726

Adult Protective Services

Investigates allegations of abuse and neglect of vulnerable adults and makes referrals to appropriate services.

Reporting and Intake Hotline: 808-832-5115

Tutu's House (Waimea)

This unique resource for the North Hawaii community offers a full calendar of exercise classes, support, games, discussion and education groups. Current calendar and newsletter are available on their website at www.tutushouse.org/activities.

For more information: Call 808-885-6777

West Hawaii Mediation Center

Free or low-cost family caregiver mediation and conflict resolution services, through confidential dialogue in a neutral setting.

For more information: Call 808-885-5525

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/listen

Guided imagery programs engage your mind, body, and spirit to help you reduce stress, focus on healthy changes, and promote healing

kp.org/fitness

Being active helps you be healthier and stronger — and feel your best — at every age. Getting 30 minutes of moderate exercise at least five days a week helps to lower your risk of serious illness and improve your mood.

kp.org/mindbody

Your mind and body are connected. How you think, feel, and act affect your total health and well-being. Being healthy, mentally and emotionally, means you feel good about yourself, your relationships, and your purpose in life.



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

Cultivating Health® Kits:

To purchase any of the following resources, call the Prevention & Health Education Department at 808-432-2260.

- Improving Your Sleep Kit (\$13)
- Managing Diabetes Kit (\$13)
- Weight Management Kit (\$13)



Lifestyle Coaching (MEMBERS ONLY)

Get the motivation and guidance you need to take an active role in your health with our wellness coaches. Whether you're trying to get more active, eat better, manage your weight, quit tobacco, 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

Get Fit. Get Rewarded Kaiser Permanente Fit Rewards

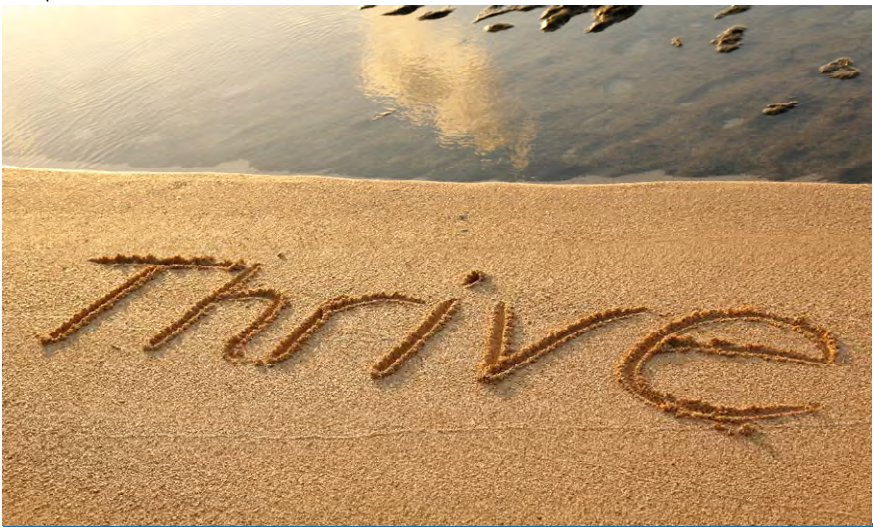
Thrive your way! You can earn a free gym membership at certain participating gyms or enjoy discounted rates at other participating fitness centers. **Learn more at kp.org/fitrewards.**



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Prevention & Health Education
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Wailuku, HI 96793



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OUR LOCATIONS

Hilo Clinic: 1292 Waiuanu 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 the
Health Education Department at 808-432-2260