The Path to Better Health begins at your fingertips at kp.org

Healthy Living Resources from Kaiser Permanente can help you learn how to eat better, move more, and reduce stress.

Note: Some resources are available to KP members only

From Any Computer

**Shortcuts to featured health topics**

Get timely health information in one convenient place at kp.org/featuredtopics. You’ll find a variety of resources on popular subjects. In addition, use any of these shortcuts web addresses for quick and easy access to health programs, services, or advise. Examples:

- kp.org/nutrition – ways to eat for better health
- kp.org/diabetes – tips of living better with diabetes
- kp.org/10000steps – a pedometer/walking program
- kp.org/heart – help with maintaining a healthy heart
- kp.org/fitness – information on improving fitness
- kp.org/weight – help with achieving a healthier weight
- kp.org/farmersmarket – recipes, locations, and more
- kp.org/quitsmoking – a guide to nicotine cessation

**Healthy Lifestyle Programs**

Together with HealthMedia®, Kaiser Permanente offers a personalized approach to improving your well-being with our healthy lifestyle programs. Choose from a variety of programs that are right for you by visiting kp.org/healthylifestyles and get a customized action plan that can help get your life headed in a healthier direction.

- Take a total health assessment with Succeed™
- Lose weight with Balance™
- Eat healthy with Nourish™
- Manage diabetes with Care™
- Quit smoking with Breathe™
- Reduce stress with Relax™
- Get a good night’s sleep with Overcoming™ Insomnia

**Interactive tools and calculators**

Take a quiz or enter your information into one of our calculators to learn more about your health. Go to kp.org/calculators to find these interactive tools regarding adult and child health and more.

- Do you know your body mass index?
- Is your weight increasing your health risks?
- How much is smoking costing you?
- How well do you bounce back from stressful situations?
- Are you at risk for a heart attack?
- Calculate your due date.
- Track your baby’s development month by month
Coaching support for making changes
(available to KP members only)

Look, listen, and learn
Get your health information to go. Download guided imagery audio programs and other wellness recordings at kp.org/listen. Or take in one of our health videos at kp.org/watch.

Symptom Checker
Use our interactive visual aid to assess your symptoms. Click on the part of the body that’s troubling you and learn what to do next at kp.org/symptoms.

Widgets
Fun things come is small packages, like widgets from Kaiser Permanente – our free easy-to-use computer desktop programs designed to keep you on your toes and your mind sharp. Visit kp.org/widgets on any PC or Mac.
- Yoga Widget – Strike a healthy pose anywhere you have a little space to help you stay on your toes.
- Brain Teaser Widget – Up for some mental exercise? Use this widget to sharpen your mind whenever you have a dull moment.
- Burn It Off! Fitness Calculator – See how much exercise or activity you need in order to burn off the calories from certain foods.

Natural Medicines Comprehensive Database
Visit kp.org/naturalmedicines to find answers to your questions about dietary supplements, vitamins, minerals, and other natural products.

From a Kaiser Permanente Medical Center

Classes and Programs
Go to kp.org/classes or call your Health Education Department to find health classes available at your local medical facility* such as
- Cholesterol and Your Heart
- Pre-diabetes
- Diabetes Basics
- Kitchen Medicine
- Movement classes (Pilates, Yoga, T’ai Chi Chih, etc.)
- Understanding Blood Pressure
- Managing Your Weight Overview
- Pathways to Stress Reduction Overview

*Class offerings vary by location, and some classes’ may require a fee.