

Helping You **THRIVE**



Healthy Lifestyle Support

CENTER FOR 
HEALTHY LIVING

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER


thrive
San Diego, CA

You can do it, we can help! At Kaiser Permanente our goal is to help you stay well and thrive. We offer healthy lifestyle programs and services to help with a variety of medical conditions and programs for families, teens, new moms, and you! Small changes to your lifestyle can help you avoid or discontinue medications, improve sleep, lower blood pressure or cholesterol, take pressure off your joints, or help with pain management. We hope to partner with you in supporting your lifestyle goals.

Your Health... It's Why We're Here!

Most of these workshops are covered as part of your Kaiser Permanente Health Plan and are for members only. Additional fee-for-service programs and workshops are available for members and non-members. You can find more information and availability at positivechoice.org or call 858-616-5600.

A Healthy Lifestyle the Corner Stone of Wellbeing

Freedom from Tobacco

One of the best things you can do for your health is to quit using tobacco. This multi-session program offers strategies and medications that can help you through the process of quitting and sustain you through maintenance. Kaiser Permanente Health Plan members only. Available on-line and in-person. No fee. Schedule online at kp.org or call, 619-641-4194

Free Virtual Wellness Seminars

Attend a variety of on-line, health seminars by just clicking-in. Topics include mindfulness practice, healthy gut, menu planning, fitness, and more. No fee. positivechoice.org/wellness-seminars

Wellness Coaching by Phone

Receive motivational coaching over the phone with a licensed health educator. Your coach assesses your readiness and then provides motivation and accountability with bi-weekly phone calls. Goals you can work on include losing weight, being more active, eating healthy, being less stressed, or quitting tobacco. Kaiser Permanente Health Plan members only. No fee. 866-862-4295

Healthy Balance Program

Build a healthy lifestyle, lose weight if you need to, and improve your health in this 16-session program that meets weekly. Topics covered include nutrition, menu planning, plant-based eating, fitness, mindfulness, and other lifestyle strategies. Each session includes a brief exercise and mindfulness segment. Programs available Monday through Saturday. Open to both Kaiser Permanente Health Plan members and non-members. No fee for Kaiser Permanente members (\$10/session for non-members.) 858-616-5610

Virtual Slim Down

Lose weight on a plan of two meal replacements a day (shake, soup, or bar) combined with healthy food. Participation involves weekly, on-line sessions that include personal training and nutrition counseling: \$350; Includes 8 boxes of meal replacements and 4 individual coaching sessions. Open to both Kaiser Permanente Health Plan members and non-members. 858-616-5756

H.E.A.T. Healthy Eating and Training

Work out weekly or bi-weekly with a personal trainer (in-person) who will guide you on a fitness and weight-loss nutrition plan. Includes a nutrition/fitness assessment and a pre and post SECA body composition testing. Weight loss plans are tailored to the individual. Open to both Kaiser Permanente Health Plan members and non-members. Five training sessions and pre and post body composition tests: \$425. Call to schedule 858-616-5756

SECA Body Fat Testing

The SECA Body Composition Analyzer measures body composition using many frequencies of electromagnetic waves, making it one of the most accurate measurement of body composition available today. In addition to determining how much of your body weight is fat, the SECA analyzer also tells you information about the strength in different parts of your body, whether or not you are hydrated, estimates daily caloric needs, and gives a measure of visceral fat and overall cell health which are strong indicators of health status. Available to both Kaiser Permanente Health Plan members and non-members. \$55 858-616-5756



Medically Supervised Weight Loss

Lose 2-5 pounds a week with the help of meal replacements that provide complete and balanced nutrition and curb appetite. Choose to lose weight on full meal replacements or combining meal replacements with some food. Weekly group sessions focus on building healthy behaviors like stress management, managing emotions, self-talk, etc. Long-term maintenance programs follow the weight loss phase and focuses on fitness, healthy eating, plant-based nutrition, and mindfulness. Typical benefits of medically supervised weight loss include:

75% of people with Type-2-diabetes achieve normal fasting blood glucose while off medications.

- A1c drops an average of 2 points.
- Blood cholesterol drops an average of 81 points and triglycerides drop 55.6%.
- 33% of people discontinue blood pressure medications another 33% are able to greatly lower their blood pressure medication dosage.



Full Meal Replacement Plan



Modified Meal Replacement Plan



Partial Meal Replacement Plan

Programs include pre and post SECA body composition testing body fat testing. Available on-line and in-person and to both Kaiser Permanente Health Plan members and non-members. Schedule a weight program information session at positivechoice.org/weight-loss, scan the QR code, or call 858-616-5600



It's Not About the Weight You Lose, It's About the Life You Gain

Stay-In-Work-Outs

Exercise in the comfort of your own home. Positive Choice hosts a library of workouts on the Positive Choice Integrative Wellness Center YOUTUBE® channel. Videos are either 5, 10, 15, or 45 minutes long and include workouts for cardio, strength training, senior strength and cardio, strong knees and back, yoga and simple yoga.

Exercise Classes

In-person exercise options include; yoga, simple yoga, muscle toning, and senior strength training. Open to both Kaiser Permanente Health Plan members and non-members. Call for fees and scheduling. 858-616-



Exercise/Nutrition Consults and Personal Training

These appointments are customized to accommodate your individual goals and can include personal training. Available on-line or in-person. Open to both Kaiser Permanente Health Plan members and non-members. \$55 858-616-5756

Just for Teens...

Teen Kickstart

Teens looking to learn about how to live a healthy lifestyle can attend a virtual 90-minute virtual workshop that gives an introduction to healthy eating, building a healthy plate, mindful eating, staying active, and self-care. Teens needing or wanting more are enrolled into three additional sessions that go into more depth on topics. Offered: 4th Saturday of the month at 1 pm. Call 858-616-5600 to schedule. Teens can book themselves online using the QR code. Kaiser Permanente Health Plan members only. No fee.

Teen Mindfulness

It is stressful being a teen! Pressures of trying to fit in with friends, living up to parental, academic and athletic pressures, all can lead to feelings of being overwhelmed, depression, and anxiety. In Teen Mindfulness you practice mindfulness exercises, visualization, meditation, yoga, and deep breathing that will help you learn to reduce the effects of stress, relieve depression, and lower anxiety. This 4-session, virtual workshop provides you a safe place with your peers for open conversation about relevant issues and offers tools and techniques that foster empowerment, connection, self-esteem, and resilience. No fee. Kaiser Permanente Health Plan members only. Call 858-616-5600 to schedule. Or Teens may book themselves online using the QR code.



Good health and family... nothing else matters.

Thriving Families

In this 90-minute virtual workshop parents and children attend together and learn the healthy plate method, how to practice mindfulness as a family, and gather ideas on how to get the family moving together. Families that want or need more education can enroll three additional sessions that go into more depth on topics.

Kaiser Permanente Health Plan members only. No fee. Call 858-616-5600 to schedule.

Healthy Habits 4 Busy Families

These virtual workshops are for a child's most important teachers, their parents or caregivers! There are a total of four workshops that provide tips and tools for parents or caregivers to implement and model healthy habits for their family. Participants learn by interactive problem solving, case studies, role playing etc. Health Plan members only. No fee. Call 858-616-5600 to schedule.

Life Care Planning

Learn more about Life Care Planning and how it can be helpful for you and your family. The workshop helps you clarify your wishes and identify the important qualities to look for when choosing a health care decision maker. Available on-line and in-person. Kaiser Permanente Health Plan members only. No fee. Schedule online at kp.org or call, 619 641-4194



Preparing for Childbirth

Few events are more exciting, or raise more questions and concerns, than the birth of your baby. Make it a positive experience while joining others and learning strategies needed to manage labor before you arrive at the hospital. You will know what to expect once you are there, like medical procedures, epidurals, reasons for cesareans, and postpartum health tips. This multi-session program is available on-line and in-person. Kaiser Permanente Health Plan members only. \$96 Schedule online at kp.org or call, 619-641-4194

Labor and Delivery Tours

Take a virtual tour of the hospital and learn what to expect when it is your time to give birth. Available on-line and in-person. Kaiser Permanente Health Plan members only. No fee. Schedule online at kp.org or call, 619-641-4194

Baby Care Basics

Wouldn't it be nice if babies came with instruction manuals? This workshop just might be the next best thing. You will learn how to prepare for parenthood with useful tips on breast-feeding, bathing, diapering, car seat safety, protecting against Sudden Infant Death Syndrome, how to protect your children from common household poisons and what to do if they are exposed. By the end of the workshop you will know what to do and when to call your physician. This workshop is available on-line or in-person. Kaiser Permanente Health Plan members only. No fee. 619-641-4194

Healthy Moms = Healthy Babies!

Breast Feeding with Success

Studies show that breast-feeding offers a number of health benefits to you and your baby. This workshop will help get you started on developing good skills so you have the best possible success with breastfeeding. Available on-line and in-person. Kaiser Permanente Health Plan members only. No fee. Schedule online at kp.org or call, 619-641-4194

Virtual Mom and Child Q & A

As a new or expecting Mom you can get so much unsolicited advice! Sometimes you just want to sit with a professional and get sound, evidence-based information to help you make decisions about you and your child's health. This live question and answer time can help. Topics covered include preparing for birth, pregnancy, breastfeeding, etc. This Q & A session is always virtual. Open to both Kaiser Permanente Health Plan members and non-members. No fee. Simply click-in to participate: positivechoice.org/Mom-Q&A

Infant CPR

Whether you are a parent, family member, or babysitter knowing what to do during an emergency can help you save a life. This workshop teaches cardiopulmonary resuscitation (CPR) for infants and up to one-year-olds. You also learn choking and safety guidelines and procedures. Children 12-years or older may attend with an adult. One person in attendance must be a Kaiser Permanente Health Plan member. Member \$15 (\$10 for each additional guest). Schedule online at kp.org or call, 619-641-4194

Mindful Mamas

Sleepless nights, worries about being a good parent, advice from everyone and everywhere, loss of time to take care of yourself and connect with others, these things can leave you feeling alone and depleted. Mindful Mamas is a four-session, on-line program for new and expecting Moms that teaches mindfulness techniques to help you slow down, breathe, and be present to enjoy your pregnancy and children. The life skills taught and practiced in this program are particularly helpful for anxiety and depression, both of which are common to pregnant and postpartum women. Open to both Kaiser Permanente Health Plan members and non-members. \$20 858-616-5600





Biofeedback

Biofeedback helps you reduce stress related symptoms including pain and insomnia. In an individual session with a biofeedback therapist using equipment that measures your stress response and provides feedback, you learn how to voluntarily trigger relaxation of your nervous system. Available in-person only. Open to both Kaiser Permanente Health Plan members and non-members. Members with a physician referral no fee or co-pay. Members without a referral and non-members \$95 858-616-5600

Learning to Let Go and Become Present

Live Well, Sleep Well

Learn the strategies and relaxation skills you need to achieve a good night's sleep. Discover techniques that work better than medications and have long-term results. Available on-line and in-person. Kaiser Permanente Health Plan members only. No fee. Schedule online at kp.org or call, 619-641-4194.

Stress Relief and Emotional Health

In this workshop, you will discover how your body, mind, and health are connected and identify common causes of stress. You will be introduced to coping skills that can help manage stress and minimize its effect on your physical and emotional health. Available on-line and in-person. Kaiser Permanente Health Plan members only. No fee. Schedule online at kp.org or call, 619-641-4194 .

Mind Body Health

In this multi-session program you will identify the thought patterns and emotions that are your stress triggers. You will learn and begin to practice different techniques for training your body to relax and let go of stress. Available on-line and in-person. Kaiser Permanente Health Plan members only. No fee. Schedule online at kp.org or call, 619-641-4194.

Virtual Mindful Living

This 12-session program provides weekly instruction and practice of mindfulness skills that can help increase your ability to focus and to cope more effectively with stressful situations and pain. Techniques practiced include gentle yoga, visualization, deep breathing, and mindful meditation. Open to both Kaiser Permanente Health Plan members and non-members. \$420 858-616-5600

Headache Relief

It is possible to greatly reduce or eliminate chronic headaches. Learn strategies, lifestyle tips, and dietary interventions that can help you avoid headaches or migraines. A life with less pain is possible. Available on-line and in-person. Kaiser Permanente Health Plan members only. No fee. Schedule online at kp.org or call, 619-641-4194

Mind Matters

This workshop is designed for those diagnosed with mild cognitive impairment. Learn lifestyle and medical strategies that can prevent or slow down the advancement of dementia. The difference between normal aging and dementia and risk factors will be discussed. Available on-line only. Kaiser Permanente Health Plan members only. No fee. Speak to your provider for a referral or call 619-616-5600

Coping With a Loved One's Dementia

This workshop is designed to help family members or caregivers better understand how to help care for someone experiencing dementia. Learn behavior and communication skills to assist your loved one and what support is available from health care providers and the community. Available on-line and in-person. No fee. Ask your loved one's provider send referral to schedule this workshop..



The logo for Healthy Living Store features a stylized sunburst icon above the word "HEALTHY" in blue and "Living Store" in green. The letter "H" is large and orange.

Find all kinds of Thrive gear, exercise equipment, fun gift ideas, and more!

You will find Healthy Living Stores located in the San Diego Kaiser Permanente hospitals. The stores carry many helpful health items; compression socks, sit and reach tools, fitness equipment, cookbooks, and many other resources that support a healthy lifestyle.



[Facebook.com/positivechoiceKP](https://www.facebook.com/positivechoiceKP)



[@positivechoice](https://www.instagram.com/positivechoice)



YouTube

Positive Choice Integrative Wellness Center