

WELCOME TO

# Headache Class

We will begin shortly.



Use the Zoom mobile  
or desktop app.

- ✓ Make sure you have a strong internet connection.
- ✓ Minimize all other apps and programs.
- ✓ Turn up your volume.



By default, you may have  
been placed on mute.



During the workshop,  
please mute your audio  
unless you have a  
question.

# Participating in Zoom



Your microphone



Share reactions



Your camera



Raise hand



Chat window

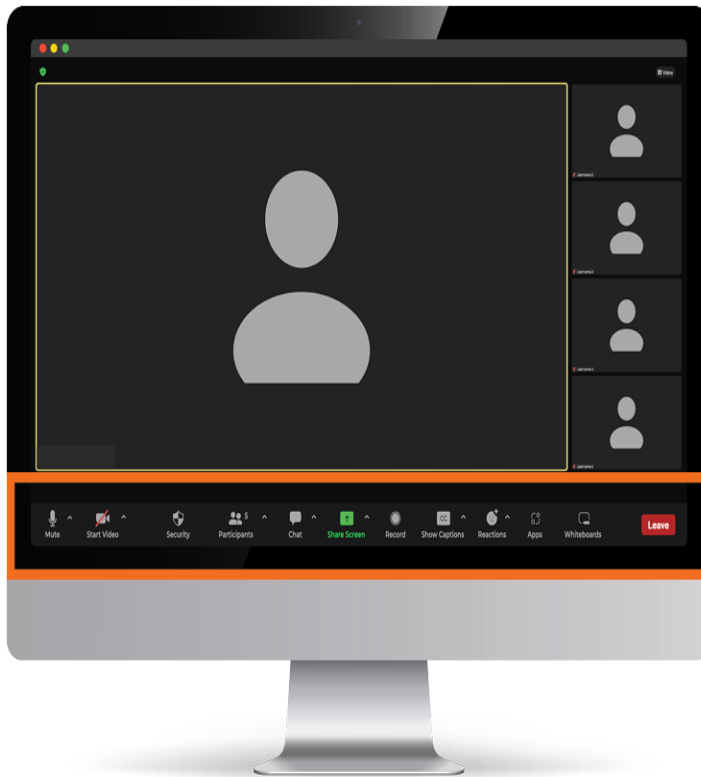


Closed captions

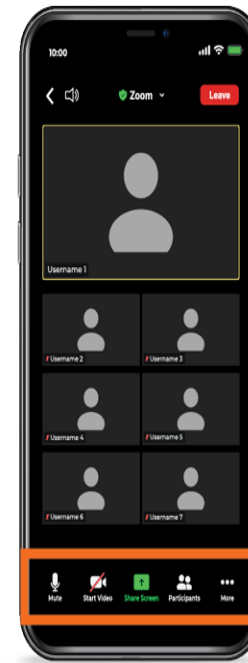


Leave

# Controls toolbar



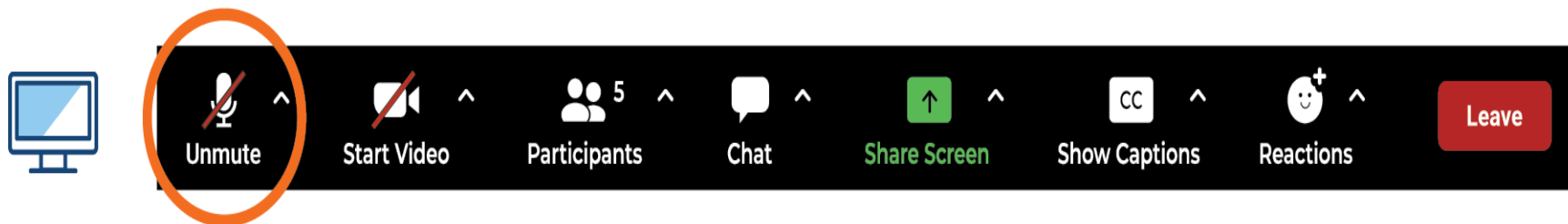
## Desktop



## Smartphone

## Controls toolbar

# Your microphone



» Click or tap on icon



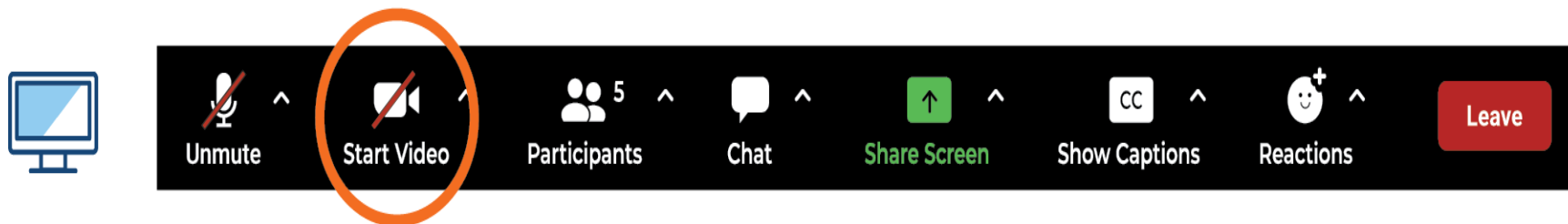
on



off

## Controls toolbar

# Your camera



» Click or tap on icon



on

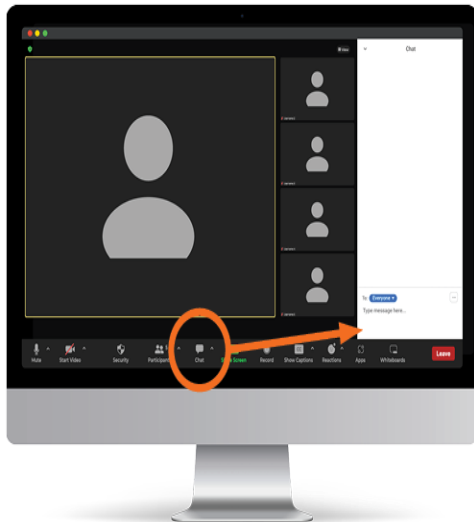


off

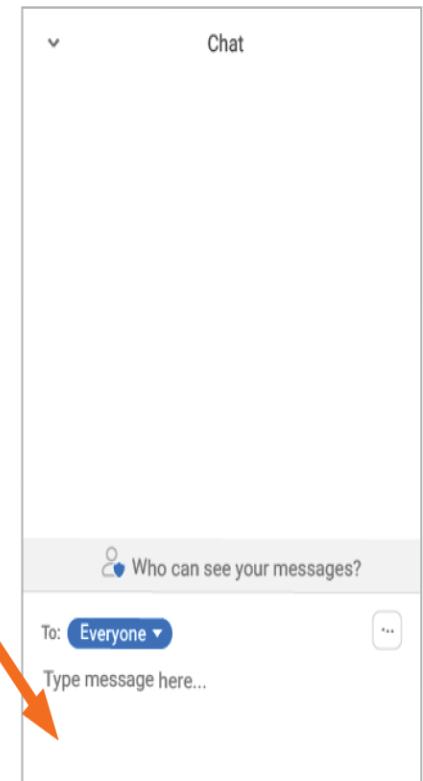
## Controls toolbar

# Chat (desktop or laptop)

1 Click on  to open the chat window



2 Type your message, then hit enter or return



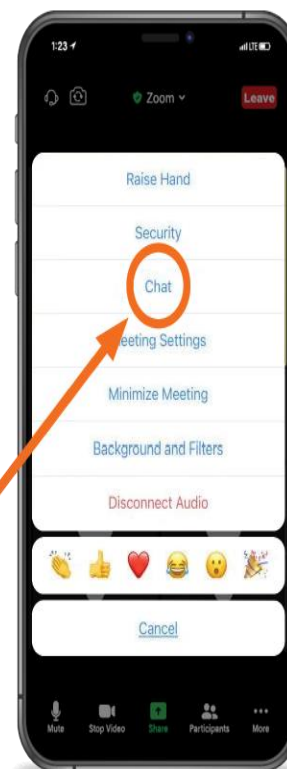
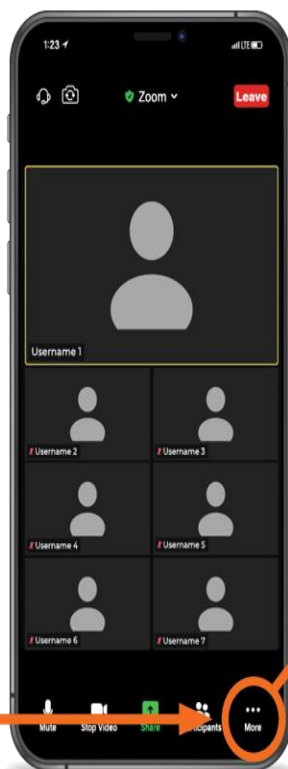
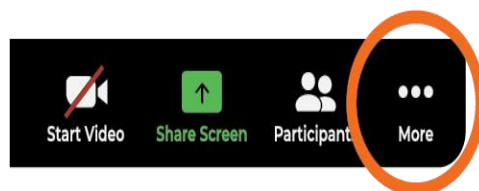
## Controls toolbar

# Chat (iOS or Android)

1 Tap 

— OR —

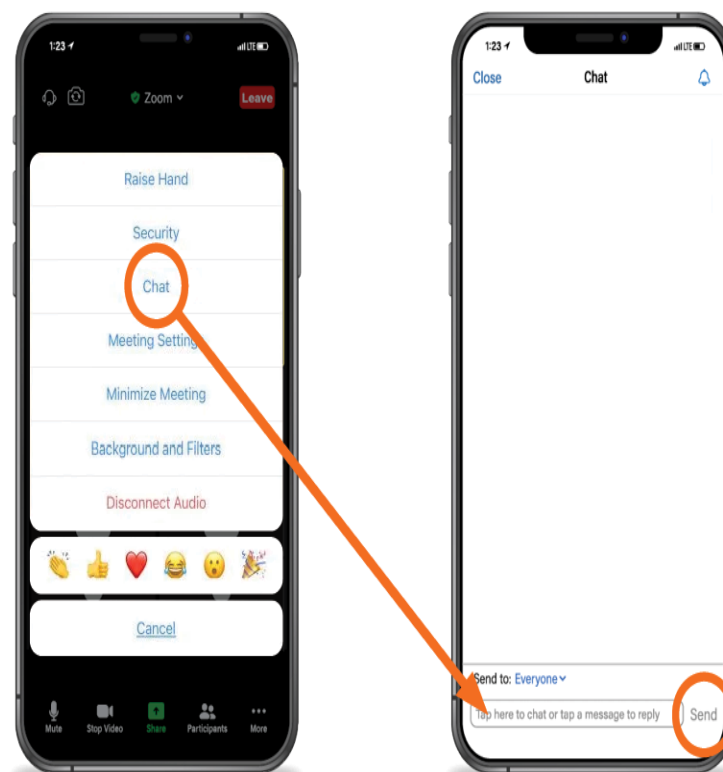
Tap **More**,  
then tap **Chat**



## Controls toolbar

# Chat (iOS or Android)

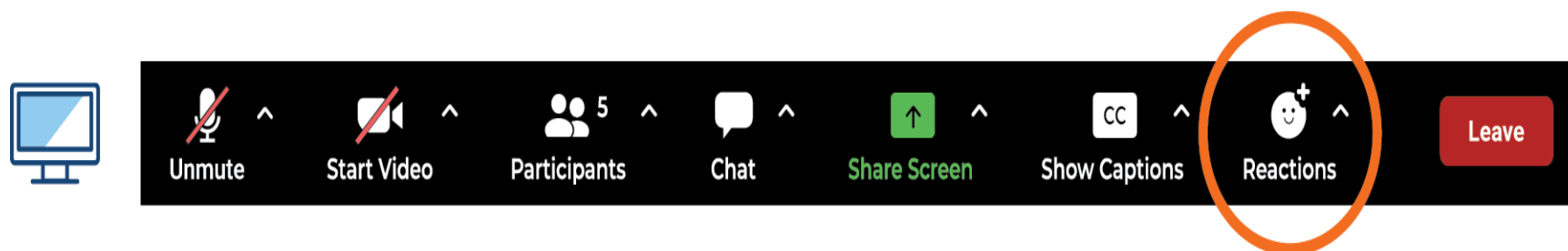
2 Type your message, then tap **enter** or **return**



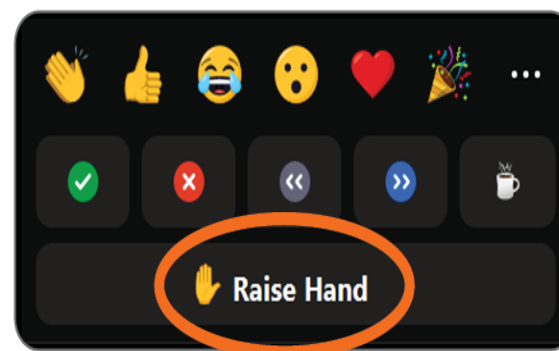


## Controls toolbar

# Raise your hand

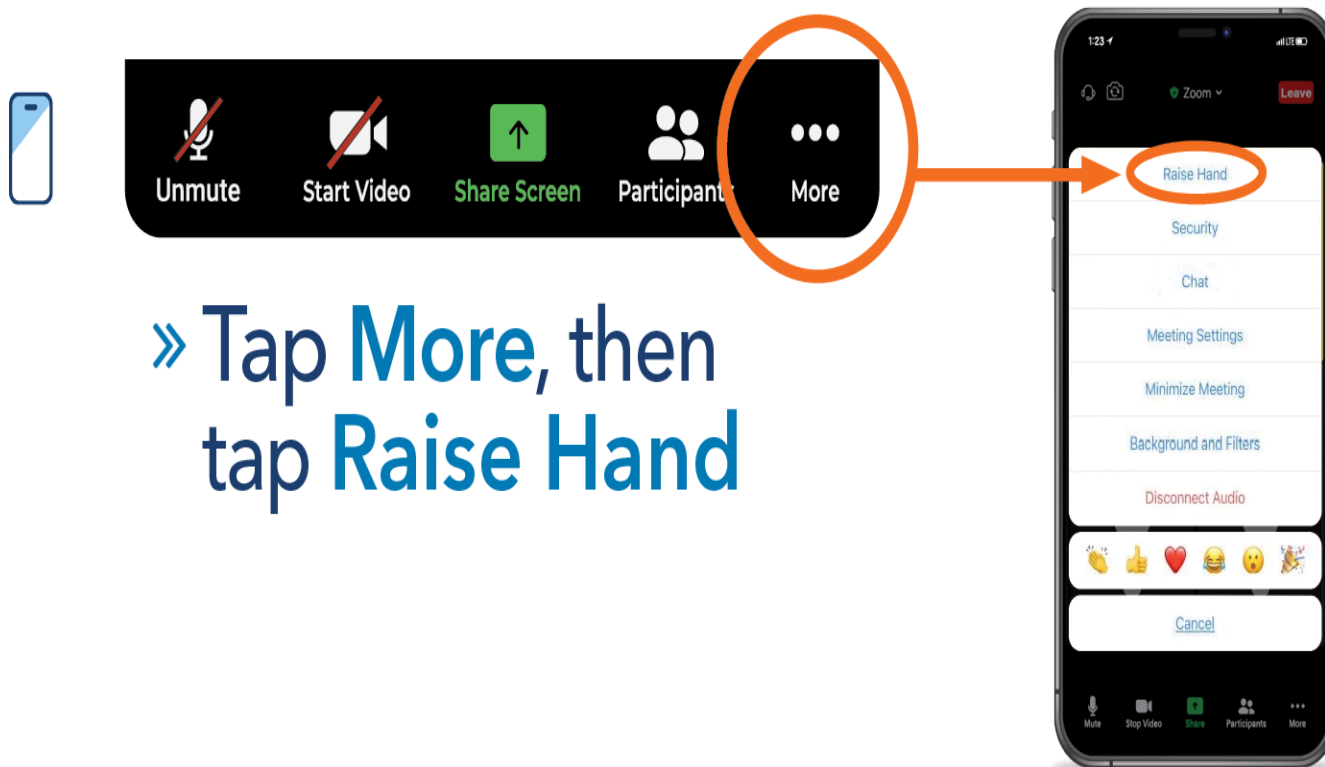


» Click on **Reactions** icon, then click on **Raise Hand**



## Controls toolbar

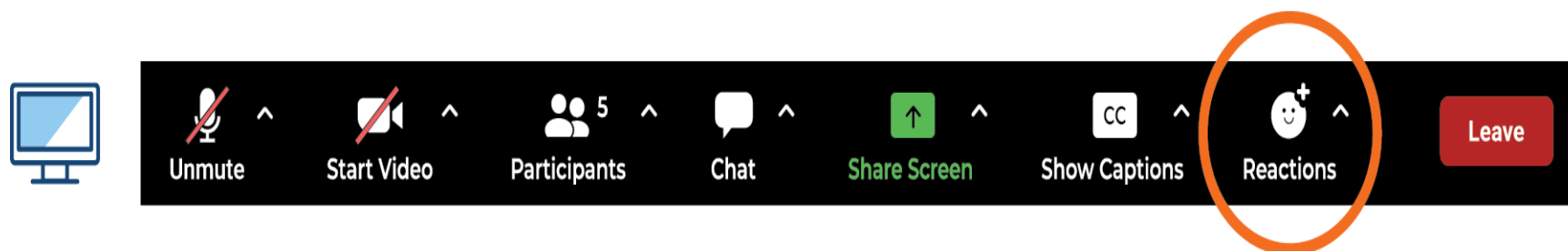
# Raise your hand



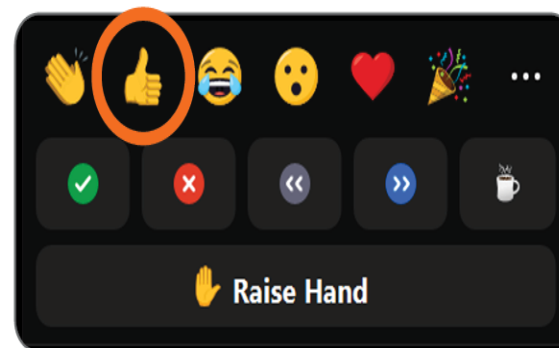
» Tap **More**, then  
tap **Raise Hand**

## Controls toolbar

# Share your reactions

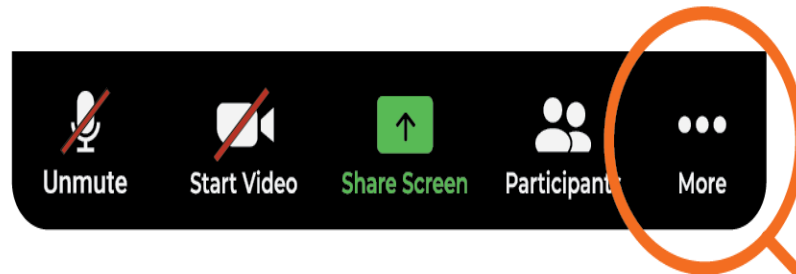


» Click on **Reactions** icon, then click on an emoji

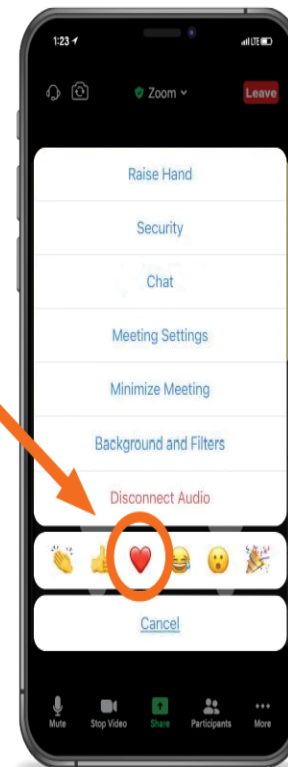


## Controls toolbar

# Share your reactions

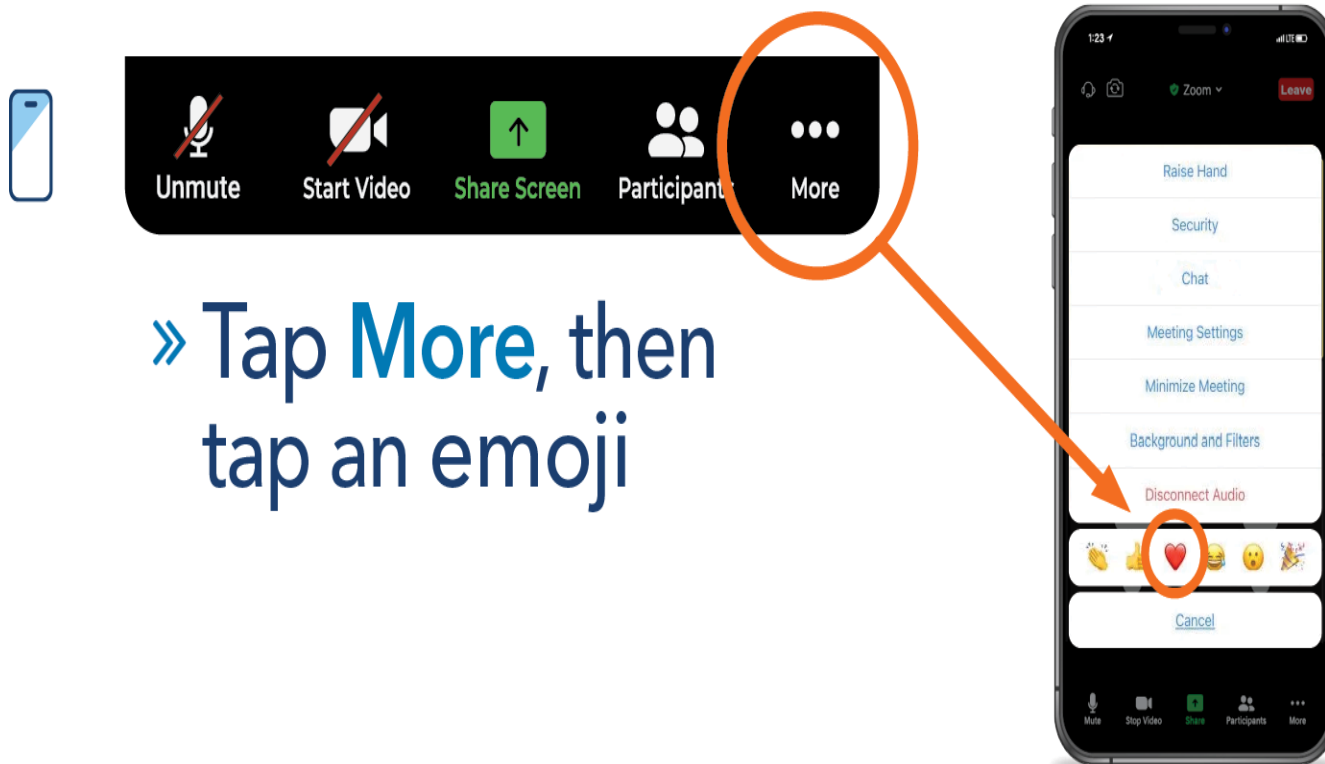


» Tap **More**, then  
tap an emoji



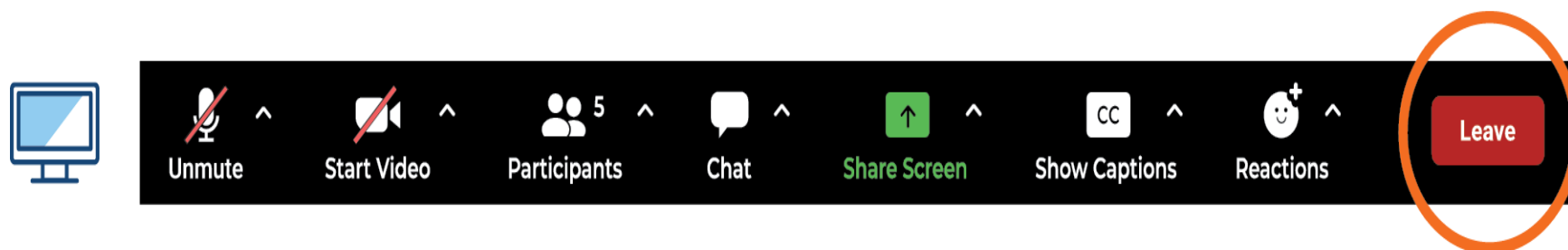
## Controls toolbar

# Share your reactions

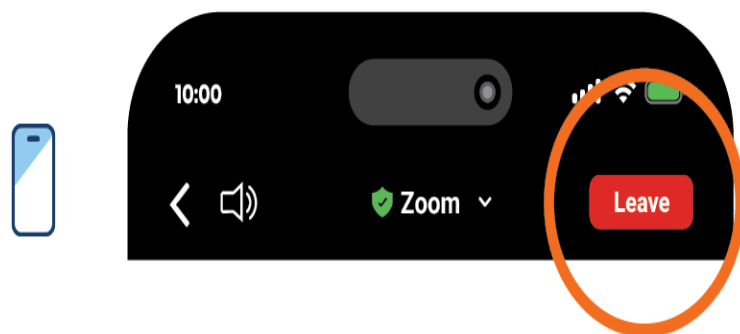


## Controls toolbar

# Leave workshop



» Click on **Leave**



» Tap **Leave**  
(top area)

# Privacy



Please do not share any personal information that you would not want others to know.



Any personal information you choose to share either verbally or through the written chat tool may be heard or seen by others.

# Headache Class



**Help us improve  
our program.**

We will share a survey  
with you at the end of  
the workshop. Please  
take a moment to give  
your feedback.



# Stop the Spread of the Coronavirus/COVID-19

» For more information on COVID-19, visit [kp.org/covid-19](https://kp.org/covid-19).



Wash your hands often with soap and water for at least 20 seconds.



Cover your mouth and nose with a cloth face covering when around others. Avoid touching your eyes, nose, and mouth.



Practice physical distancing by staying at least 6 feet (about 2 arms' length) from other people. Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Cover your cough or sneeze with a tissue, and then throw the tissue in the trash.



If you feel sick, schedule a phone or video visit to speak to a doctor. To book a virtual appointment, call **1-833-574-2273** or visit [kp.org/appointments](https://kp.org/appointments).  
In an emergency situation, call **911**.



Welcome!

Headache Management

Joanna M. Gegan, RD

Center for Healthy Living

619-641-4194

- Step one: This class is a requirement to start the headache educational process, before a referral to Neurology.
- Step two: After the class the member should follow up with the primary care doc for treatment.

# What you will learn in this class:

- ✓ Different types of headaches
- ✓ Headache triggers
- ✓ Lifestyle modifications
- ✓ Treatment management
- ✓ EMMI Online Program
- ✓ Life Care Planning
- ✓ Resources



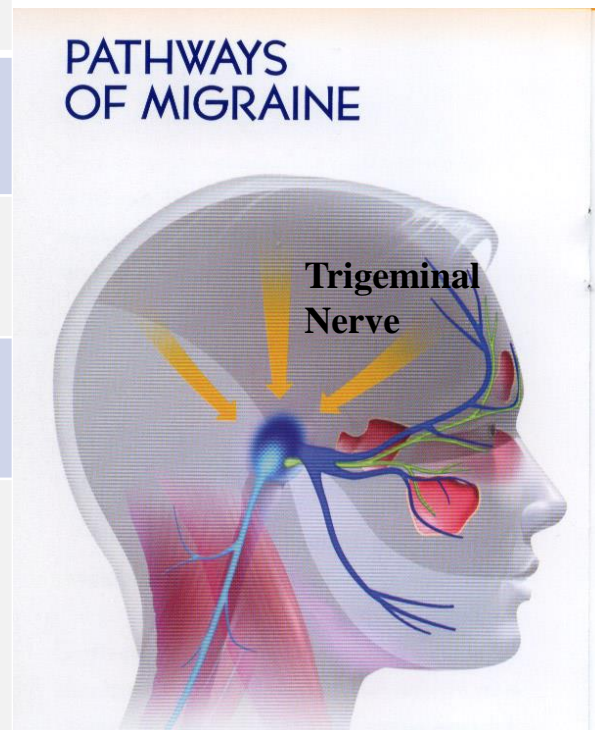
# My head HURTS



What type of headache causes you pain?

# Type of Headache: Migraine

<b>Quality</b>	<ul style="list-style-type: none"><li>• Throbbing or pulsating pain</li><li>• Worse with physical activity</li></ul>
<b>Intensity</b>	<ul style="list-style-type: none"><li>• Moderate to severe</li></ul>
<b>Location</b>	<ul style="list-style-type: none"><li>• Often worse on one side</li></ul>
<b>Duration</b>	<ul style="list-style-type: none"><li>• 4 to 72 hours</li></ul>
<b>Associated Symptoms</b>	<ul style="list-style-type: none"><li>• Nausea or vomiting</li><li>• Visual problems: flashing lights or blind spots</li><li>• Light and noise sensitivity</li></ul>
<b>Frequency</b>	<ul style="list-style-type: none"><li>• Episodic attacks</li></ul>
<b>M:F Ratio</b>	<ul style="list-style-type: none"><li>• 1:3</li></ul>

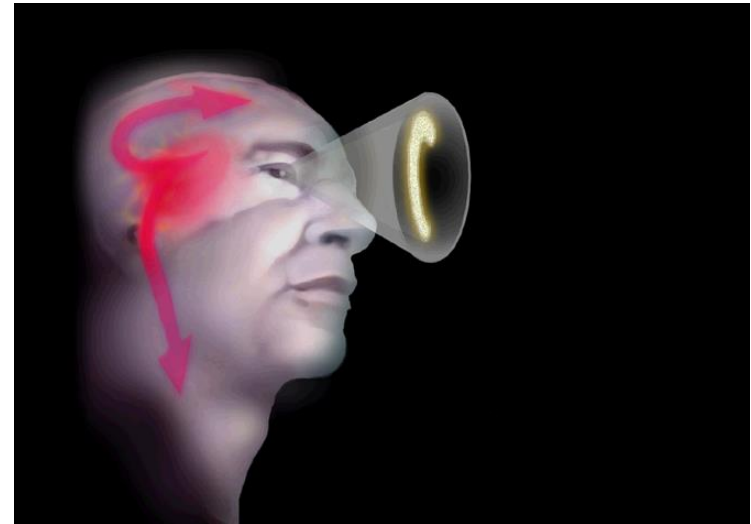


# Migraine With Aura

When headache is preceded by greater than one neurological symptom it is referred to as an aura.

## Symptoms:

- Visual
- Sensory
- Other



Develops over 5 to 20 minutes  
And last less than 60 minutes



# Tension Headache



# Type of Headache: Tension

Quality	<ul style="list-style-type: none"><li>• Pressing or squeezing pain, like a tight band around the head.</li><li>• Tightness of head and neck muscles.</li><li>• Improves with activity</li></ul>
Intensity	<ul style="list-style-type: none"><li>• Mild to moderate</li></ul>
Location	<ul style="list-style-type: none"><li>• Whole head and neck</li></ul>
Duration	<ul style="list-style-type: none"><li>• Hours to days</li></ul>
Associated Symptoms	<ul style="list-style-type: none"><li>• No nausea or vomiting</li><li>• No visual change</li></ul>
Frequency	<ul style="list-style-type: none"><li>• Daily</li></ul>
M:F Ratio	<ul style="list-style-type: none"><li>• F&gt;M</li></ul>



# Sinus Headache

# Type of Headache: Sinus

<b>Quality</b>	<ul style="list-style-type: none"><li>• Dull ache or pressure</li></ul>
<b>Intensity</b>	<ul style="list-style-type: none"><li>• Mild to moderate</li></ul>
<b>Location</b>	<ul style="list-style-type: none"><li>• Face and forehead</li></ul>
<b>Duration</b>	<ul style="list-style-type: none"><li>• Hours to days</li></ul>
<b>Associated Symptoms</b>	<ul style="list-style-type: none"><li>• Runny nose</li><li>• Post-nasal drip</li></ul>
<b>Frequency</b>	<ul style="list-style-type: none"><li>• Daily, precipitation by weather changes</li></ul>
<b>M:F Ratio</b>	<ul style="list-style-type: none"><li>• M=F</li></ul>



# Cluster Headache

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# Type of Headache: Cluster

<b>Quality</b>	<ul style="list-style-type: none"><li>• Stabbing pain- ice pick</li></ul>
<b>Intensity</b>	<ul style="list-style-type: none"><li>• Severe</li></ul>
<b>Location</b>	<ul style="list-style-type: none"><li>• Around one eye</li></ul>
<b>Duration</b>	<ul style="list-style-type: none"><li>• 15 minutes to 3 hours</li><li>• Multiple attacks during day and night</li></ul>
<b>Associated Symptoms</b>	<ul style="list-style-type: none"><li>• Tearing</li><li>• Running nose</li><li>• Droopy eyelid on side of headache</li></ul>
<b>Frequency</b>	<ul style="list-style-type: none"><li>• Daily in a cluster for 4-8 weeks</li></ul>
<b>M:F Ratio</b>	<ul style="list-style-type: none"><li>• 3-1</li></ul>

Pattern of Headache: Chronic daily

Chronic Daily Headaches:  
headaches occurring 15 or more  
days a month for > 3 months

Medication overuse (more  
than 2 days per week)

Migraine (CM): migraine  
for at least 8 days per  
month with either migraine  
or tension headaches the  
other headache days



# Rebound Headaches

## What is Rebound Headache?

- When you take pain-relief medicines for headaches too often or in large amounts, your body gets used to having the medicines “on board.”



# Rebound Headaches

## What Causes Rebound Headaches?

- Taking pain medications as little as 3 times a week on a regular basis
- Regularly taking even ten 500mg aspirin acetaminophen tables/caplets per week
- Using analgesics including those containing caffeine- even coffee itself- daily or near daily.



# Medicines that can cause Rebound Headache

• <b>Caffeine-Containing Analgesics</b>	Exedrin, Anacin, Vanquish, B.C. Headache Powder, Fiorinal, Fioricet,
• <b>Butalbital Compounds</b>	Fiorinal , Fioricet,
• <b>Isometheptene Compounds</b>	Midrin (no longer available)
• <b>Decongestants</b>	Sudafed, Tylenol Sinus, Dristan, Afrin, Entex LA
• <b>Ergotamines</b>	Migranal and D.H.E. 45
• <b>Triptans</b>	Imitrex, Amerge, Maxalt, Zomig, Axert
• <b>Opioids and Related Drugs</b>	Tylenol with codeine, Percocet, Vicodin

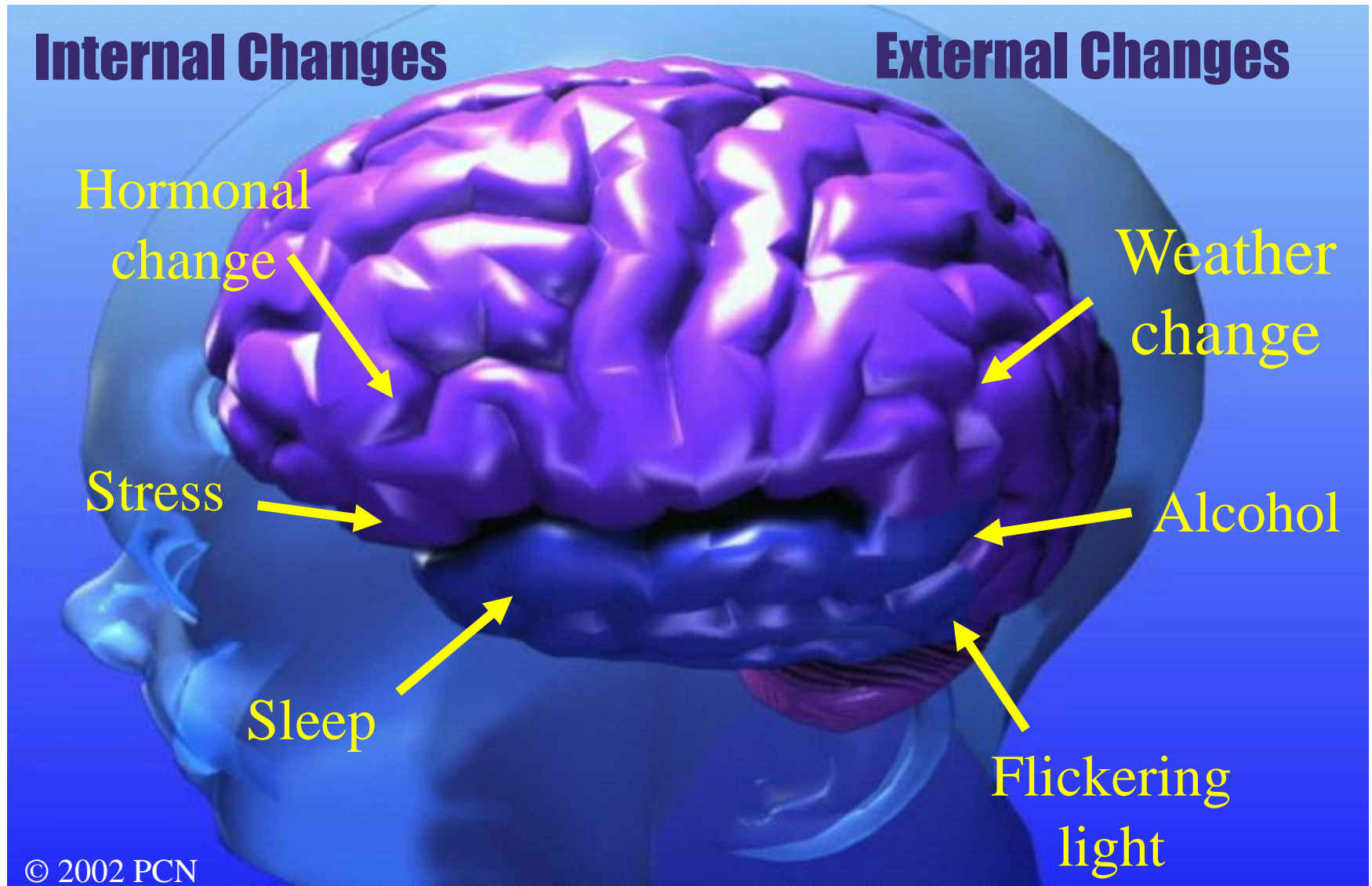
# Headache Trigger

What can cause headaches?

- Diet
- Environment
- Activities
- Hormones
- Emotions
- Medications



# Triggers

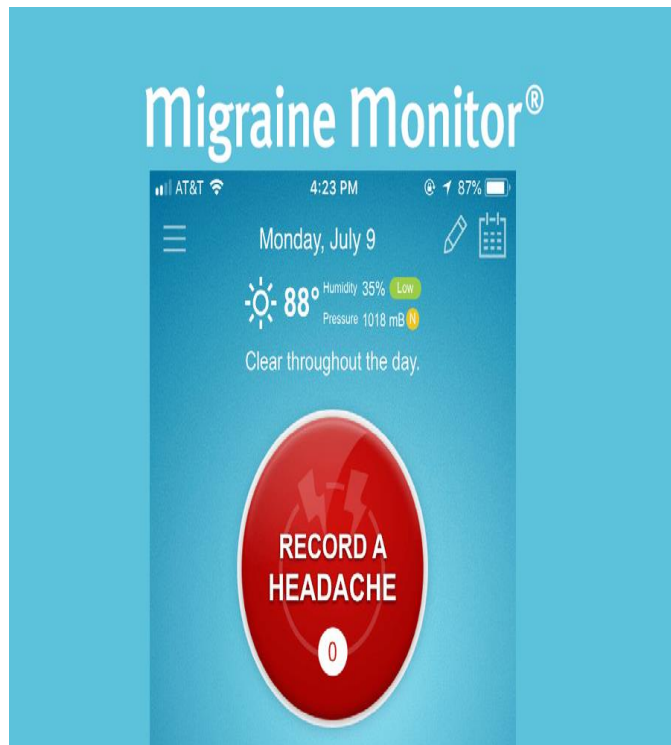


# 7-DAY HEADACHE DIARY

This form can be printed and filled in manually, or completed on a computer. Write down your headache information DAILY to share with your health care providers to help them diagnose your headaches correctly. Check the boxes of the topic that apply to you each day.

Name: _____		Prophylaxis: _____				Clear Button	
Date	Prevention	Headache	Symptoms	Warning Signs	Medication / Device	Lifestyle	Behavioral Coping
	<input type="checkbox"/> Medication <input type="checkbox"/> Device <input type="checkbox"/> Behaviors	Pain (0-10): _____ Start time: _____ End time: _____	Sensitive to: <input type="checkbox"/> Light <input type="checkbox"/> Sound <input type="checkbox"/> Nausea <input type="checkbox"/> Vomiting <input type="checkbox"/> Worse with activity	Aura	Medication: _____ Time: _____ Dose: _____ Device: _____ Time: _____	Stress (0-10): _____ Headache interference (0-10): _____ Hours slept: _____ Sleep quality: _____ <input type="checkbox"/> Physically active <input type="checkbox"/> Skipped meal <input type="checkbox"/> Hydration <input type="checkbox"/> Caffeine	
	<input type="checkbox"/> Medication <input type="checkbox"/> Device <input type="checkbox"/> Behaviors	Pain (0-10): _____ Start time: _____ End time: _____	Sensitive to: <input type="checkbox"/> Light <input type="checkbox"/> Sound <input type="checkbox"/> Nausea <input type="checkbox"/> Vomiting <input type="checkbox"/> Worse with activity	Aura	Medication: _____ Time: _____ Dose: _____ Device: _____ Time: _____	Stress (0-10): _____ Headache interference (0-10): _____ Hours slept: _____ Sleep quality: _____ <input type="checkbox"/> Physically active <input type="checkbox"/> Skipped meal <input type="checkbox"/> Hydration <input type="checkbox"/> Caffeine	
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# Free Digital App for Tracking Triggers





# Diet and Headaches

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Certain foods can trigger headaches during vulnerable periods.

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If your headaches are infrequent, paying attention to what you have eaten 6 to 12 hours prior to a headache frequently will identify foods “to avoid”.

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It is best to eat only fresh prepared foods. *Read all Labels!*

# What Does a Healthy Plate Look Like?

## Protein

5-6 servings a day

## Starch

6 servings a day

## Milk, Yogurt, and Dairy Alternatives

2-3 servings a day

## Fruit

2-3 servings a day

## Fats

4 servings a day

## Water

64 ounces a day

## Vegetables

5 or more servings a day



**Use a small dinner plate**  
(about 9 inches across)

# Environment and Headaches

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- Sight- Bright lights, glare, flickering, lights
- Sound- Loud noise
- Smell- Strong odors, cigarette smoke, perfumes
- Weather- Changes in temperature or seasons, humidity, wind
- Atmospheric Pressure- Change in altitude, air travel
- Eye Strain





# Activities and Headaches

- Motion from Riding:  
Trains, planes, automobiles, bikes
- Irregular Exercise
- Lack of Exercise
- Recommend 30 minutes of moderate exercise daily





POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER



Weight Program Details  
and Free Download (PDF)

[DOWNLOAD NOW](#)



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## TALK WITH AN EXPERT LIVE VIRTUAL NUTRITION/ FITNESS FORUM

have your fitness, nutrition, and weight loss questions answered

[START NOW](#)



Integrative Medicine



Weight Loss



Fitness



Nutrition



Member Health Education



Mindfulness and Biofeedback



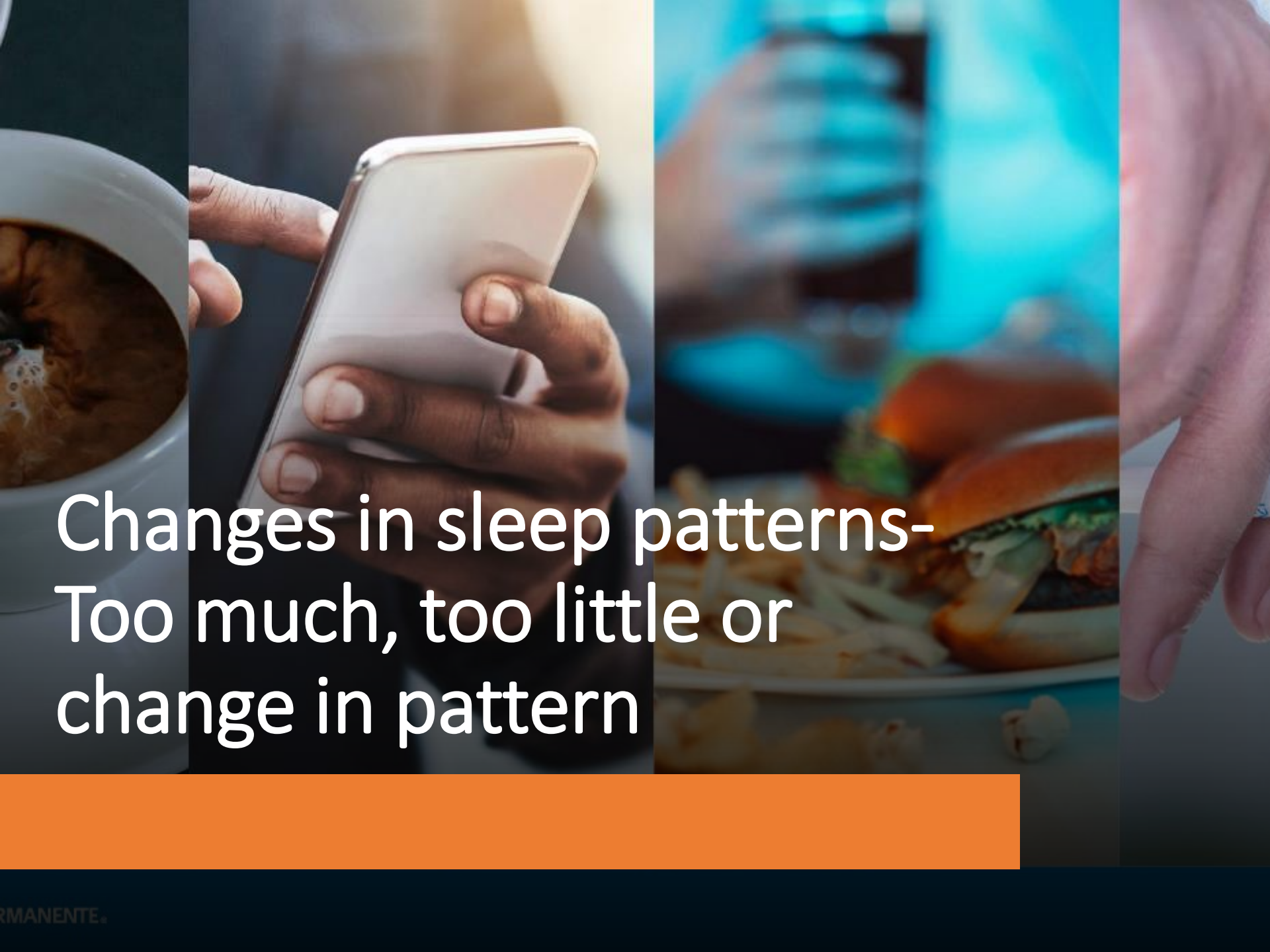
Healthy Skin

### Virtual Forum

[Virtual Nutrition/Fitness Forum](#)

[Nutrition/Fitness Forum Locations  
and Times](#)



The background is a collage of three vertical panels. The left panel shows a white bowl filled with a dark, chunky soup. The middle panel shows a close-up of a hand holding a white smartphone. The right panel shows a hand holding a burger with lettuce and tomato, with fries visible in the background.

Changes in sleep patterns-  
Too much, too little or  
change in pattern

# Daily Habits that Can Affect Your Quality of Sleep

- Alcohol
- Caffeine late at night
- Naps
- Eating or drinking too close to bedtime
- Active exercise too close to bedtime
- Nicotine





# CHL Program for Better Sleep

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- **Live Well, Sleep Well –Recovery from Insomnia**
- 
- Learn the techniques and relaxation skills you need to recover a good night's sleep. Discover techniques that work better than medications and have long-term results.
- **Kaiser Permanente Members only. No fee.**
- **To register, please call (619) 641-4194**



# Hormones and Headaches

Menses (monthly period)

Ovulation

Hormone Replacement  
Therapy

Oral contraceptives (e.g.  
birth control pill)

# Emotions and Headaches



Stress



Let down periods  
(vacations, weekends,  
after a major event)



Anger



Anxiety



Fatigue



Job stress, loss  
or change

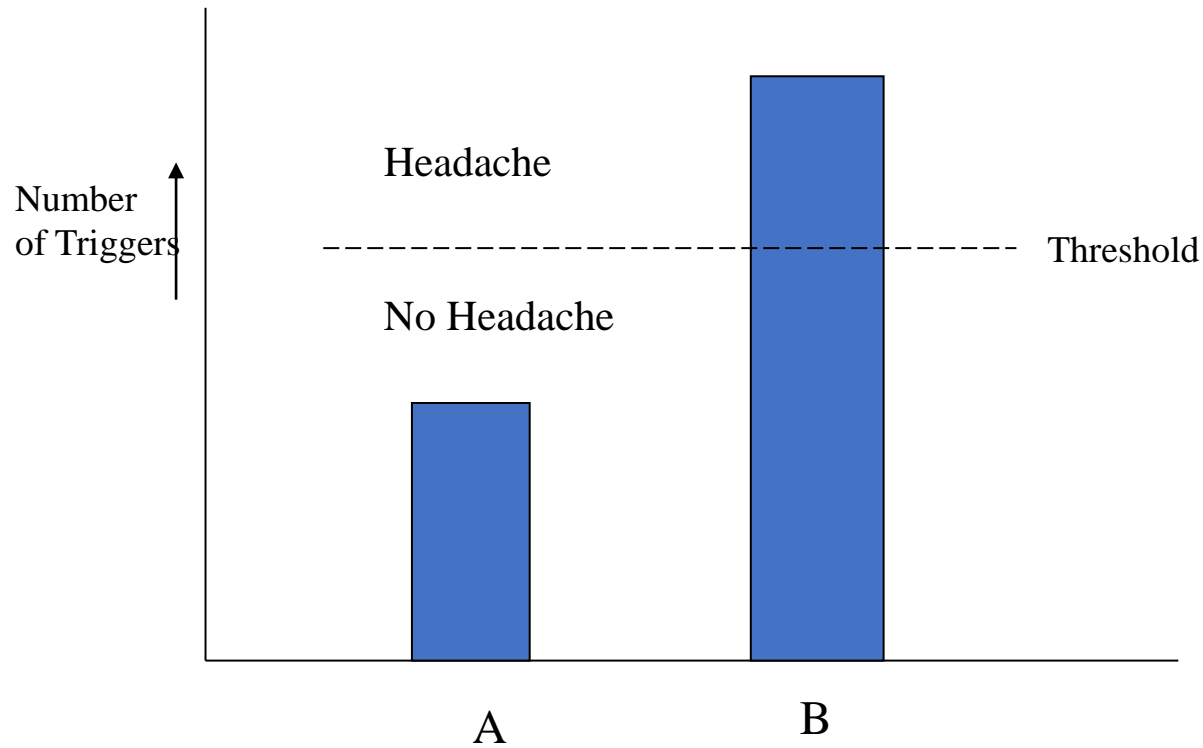


Time of intense  
activity



Loss (Death,  
separation,  
divorce)

# Headache Threshold



- When your trigger level rises above your threshold, you experience headaches or other symptoms of migraine.





## Lifestyle Changes

- Plan ahead
- Regular Sleep habits
- Daily Activity/Exercise
- Eat regular meals
  - don't skip meals
  - healthy snacks
- Limit Caffeine
  - Stay hydrated
- Stress management
  - Yoga
  - Meditation
- Avoid medication more than twice a week

## Medications for Your Headaches

# What are Preventative Medications?

Preventative medications are used to decrease the number of headaches that you have

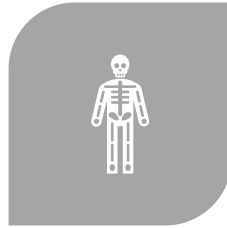
These medications do not relieve your headache at the time you take them

- They take 4-6 weeks to work

# Treatment for Primary Headache Disorder



INTERFERE WITH  
YOUR DAILY  
ROUTINE



YOUR HEADACHES  
ARE MORE THAN  
TWICE PER WEEK



IF ACUTE  
TREATMENTS ARE  
NOT EFFECTIVE




IF ACUTE  
TREATMENTS CAUSE  
SIDE EFFECTS



## Preventative Medications

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- ☐ Cyproheptadine (Periactin)  
antihistamine
- ☐ Propranolol (Inderal, Atenolol)  
blood pressure  
medication/beta blockers
- ☐ Antidepressants  
(Elavil, Pamelor) Effexor
- ☐ Anti-Seizure Medications  
(Topamax, Depakote)
- ☐ Herbal Medications

A photograph of two women in a modern cafe or shop. The woman on the left, wearing a purple shirt and glasses, holds a tablet. The woman on the right, in a white shirt, looks at the tablet. They are standing near a bar with a menu board that says 'SANDWICHES'. Shelves of products are visible on the left.

## Supplements

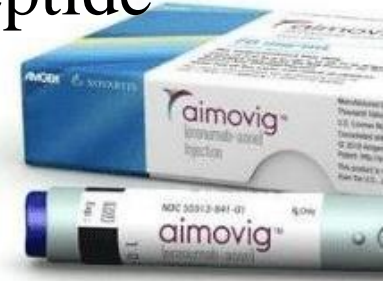
- ☐ Feverfew once per day
- ☐ Magnesium 250mg twice per day (**Chelated Magnesium for High Absorption**)
- ☐ Riboflavin (B2) 400mg daily
- ☐ (Migra-Lief) combination all three
- ☐ Coenzyme Q10 150mg



# New Preventative Medications

## CGRP: Calcitonin Gene-Related Peptide

- Protein that is released around the brain
- When CRGP released- causes intense inflammation in the coverings of the brain causing migraine pain
- CGRP meds: Emgality, Ajovy, and Aimovig



# CGRP Preventative Medications

## How it works?

- Injectable medication that blocks the CGRP protein that causes the pain and inflammation
- Dosage usually 1-2 x/month



# First Line Migraine Medicines

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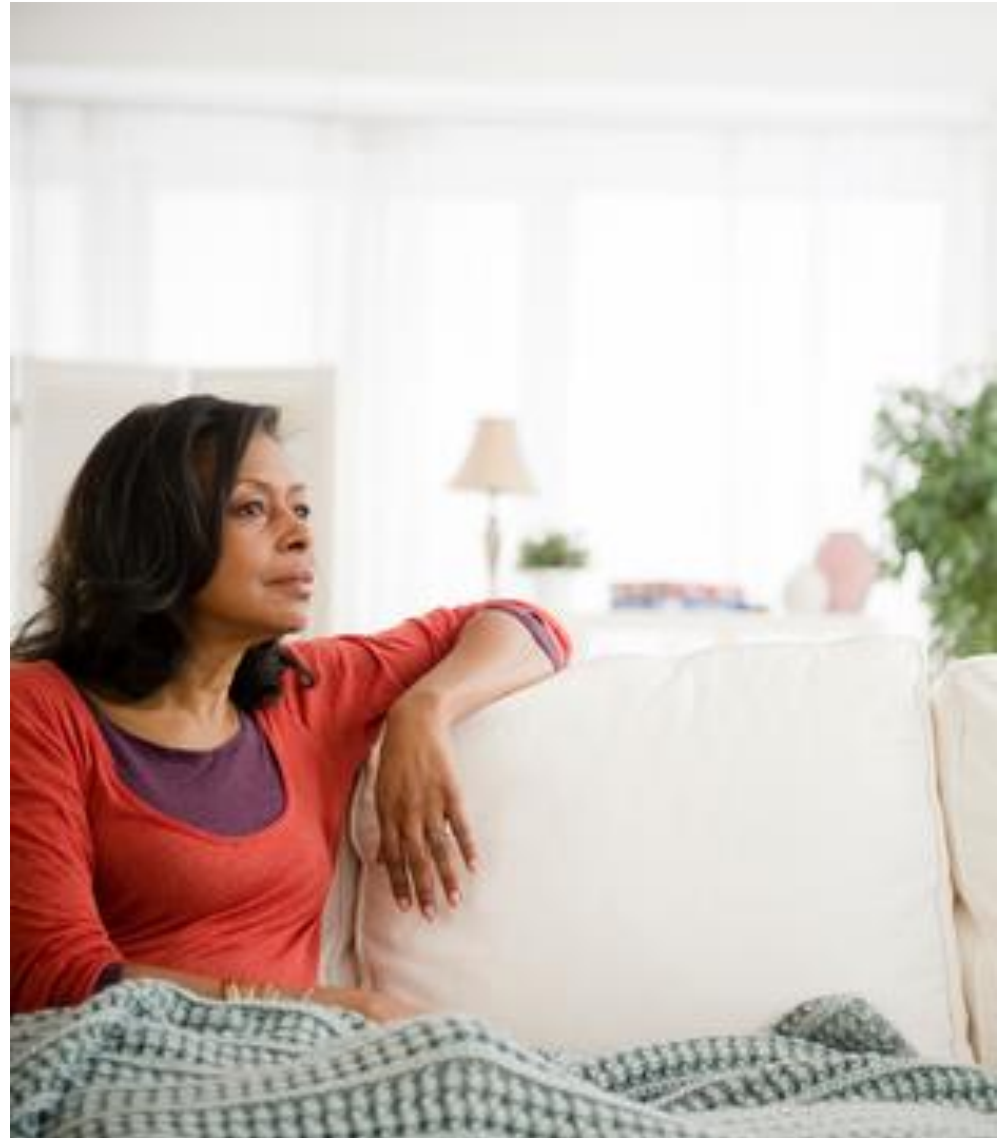
- Imitrex Injectable - self Injector
- Imitrex Nasal Spray
- Maxalt MLT- melts in mouth
- Long-Acting Triptan



# Prescription medicines for Nausea

- Metoclopramide (Reglan)
- Promethazine (Phenargan)
- Prochlorperazine (Compazine)

*All have anti-migraine effect as well*





## Prescription Pain Medicines

Rescue medication can include Narcotics

- Codeine or Hydrocodone - however they have side effects which can include nausea and vomiting.

# Alternative Therapies

- ☐ Counseling
- ☐ Relaxation
- ☐ Yoga
- ☐ Massage
- ☐ Biofeedback
- ☐ Acupuncture
- ☐ Aroma Therapy
- ☐ Physical Therapy





# CONTINUING EDUCATION

## EMMI ONLINE PROGRAMS

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You may receive an email or letter with instruction to complete an online educational program.



# Discover Life Care Planning

It is important now more than ever, to capture your goals, values, and treatment preferences in an Advanced Health Care Directive, which can be scanned into your medical record.

You will learn the 4 important qualities of identifying a health care decision maker & discussing with your chosen health care decision maker your values and treatment preferences, so that he/she can communicate for you if you were injured and unable to communicate.

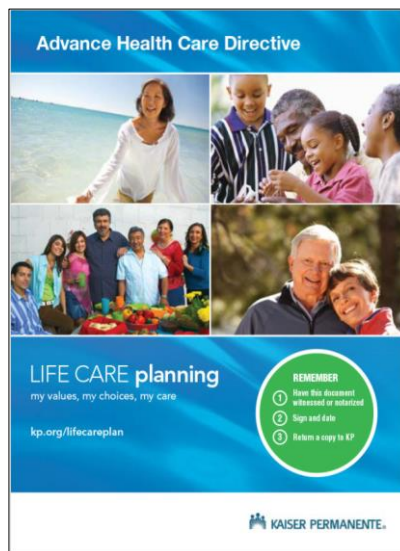
Do you know who this person would be?

## To learn more:

- Visit [kp.org/lifecareplan](http://kp.org/lifecareplan)
- Call to register for a Life Care Planning Workshop



**Center for Healthy Living**  
**619-641-4194**

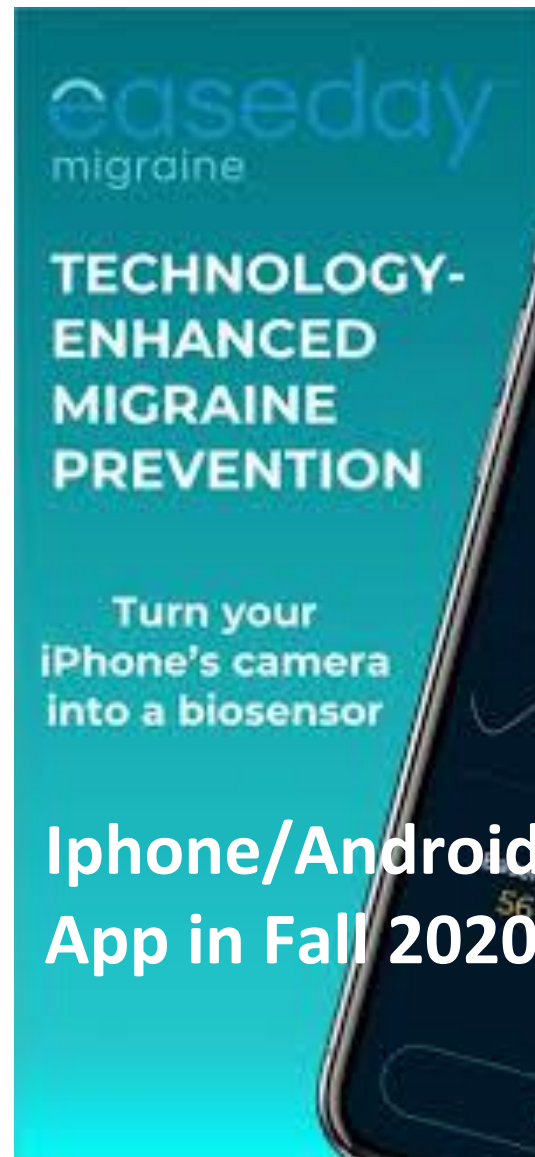
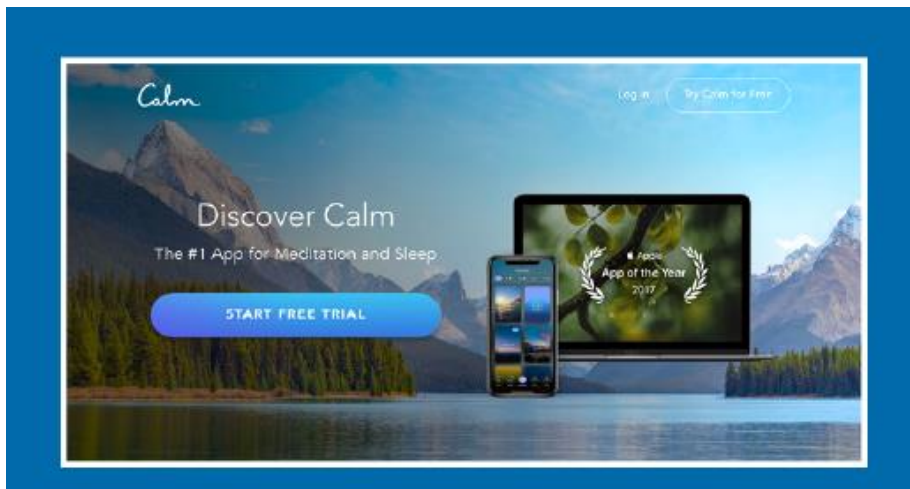


**DOWNLOAD** a copy of the  
Advance health Care directive



# Good Sources of Information and Support

<http://www.kp.org/selfcareapps>



# Self-care at your fingertips at no cost to members.

» Get Calm and myStrength at [kp.org/selfcareapps](https://kp.org/selfcareapps).

- ✓ Thoroughly evaluated by Kaiser Permanente clinicians
- ✓ Easy to use and proven effective
- ✓ Safe and confidential
- ✓ For adult members



## Calm


An app for meditation, mental resilience, and sleep



## myStrength

An app to improve your awareness and adapt to life





# Headache Website Resources

American Migraine Foundation:  
[Achenet.org](http://Achenet.org)

American Headache Society:  
[americanheadachesociety.org](http://americanheadachesociety.org)

National Headache Foundation:  
[headaches.org](http://headaches.org)

Theraspecs: glasses to block fluorescent, computer light and wide band light to reduce headache frequency

Online store discount: Promo code  
APPLY10

## Kaiser Permanente Resources

KP Web Site [www.kp.org](http://www.kp.org) ,  
[www.choosehealthy.com](http://www.choosehealthy.com),  
[www.kp.org/healthylifestyles](http://www.kp.org/healthylifestyles)

Neurology Department 1-877-236-0333

Positive Choice –Biofeedback 858-616-5600

Smokers Helpline 1-888-883-STOP(7867)

Mind-Body Health 619-641-4194

Center for Healthy Living– Freedom from  
Tobacco 619-641-4194

# Center for Healthy Living Workshops

*Please call San Diego Center For Healthy Living: 619-641-4194*



Breastfeeding  
with Success



Heart Failure:  
Living Well  
Each Day



Taking Care of  
Your Heart



Freedom from  
Tobacco



Life Care  
Planning  
Advance Directive



Sleep Well,  
Live Well



Healthy  
Balance



Living Well  
with Diabetes



Options:  
Metabolic and  
Bariatric Surgery  
Preparation and  
Support





POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER



Weight Program Details  
and Free Download (PDF)

[DOWNLOAD NOW](#)



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[Weight Loss](#)

[Integrative Medicine](#)

[Nutrition and Fitness](#)

[Wellness Blog](#)

[Calendar](#)

[Contact Us](#)



## TALK WITH AN EXPERT LIVE VIRTUAL NUTRITION/ FITNESS FORUM

have your fitness, nutrition, and weight loss questions answered

[START NOW](#)



Integrative Medicine



Weight Loss



Fitness



Nutrition



Member Health Education



Mindfulness and Biofeedback



Healthy Skin

### Virtual Forum

[Virtual Nutrition/Fitness Forum](#)

[Nutrition/Fitness Forum Locations  
and Times](#)

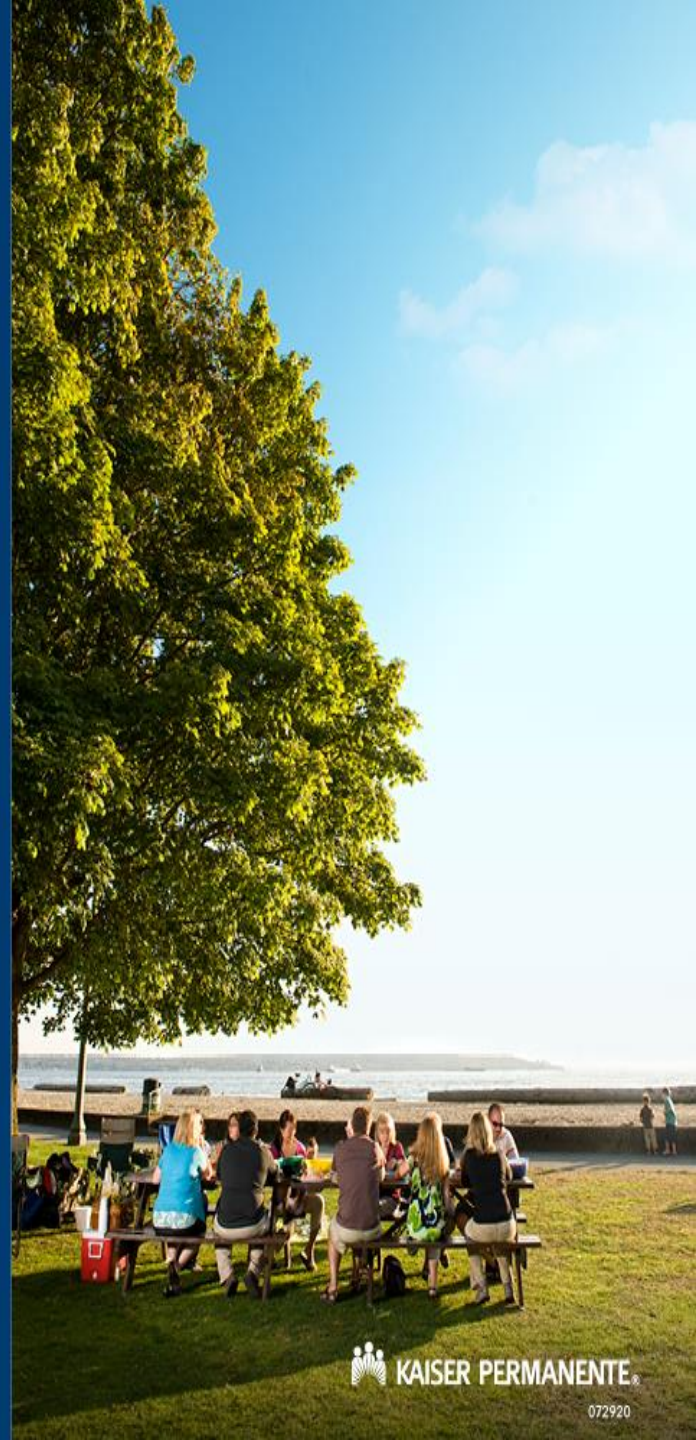


[kp.org/centerforhealthyliving](http://kp.org/centerforhealthyliving)

Get information about workshops and other programs available through the Center for Healthy Living.



Find handouts with more information on today's topic and other popular health topics under Bookshelf.





## Wellness Coaching by Phone

1-866-862-4295

Kaiser Permanente members can get support over the phone to make healthy changes around quitting tobacco, managing weight, reducing stress, or getting active.



# Questions?

Please use the chat feature to submit your questions.





# Headache Class



SCAN  
ME

## Thank you for attending today's session!

Please take a moment to provide us with feedback. Complete the anonymous survey by clicking on the link in the chat or scanning the QR code with your phone. Your feedback will help us improve this program.