



# employee wellness resources

SCHEDULED BY INDIVIDUAL

## Health Education Classes:

To schedule a Health Education class contact,  
Roseville: (916) 784-5775  
Sacramento: (916) 614-4035  
Folsom: (916) 817-5278

*\*Employee non-members must first obtain a non-member medical record number from member services before entry or booking into Health Education classes or groups, Call: (818) 614-3333*

### Weight Management Overview

Successful weight loss requires more than just cutting calories. Attend this one-session class to learn practical ideas and tools for making healthy lifestyle choices that can help you lose weight and keep it off. This class will also review all weight management programs available through Kaiser Permanente.

### Quit Tobacco Workshop

This one-session workshop is designed to help you develop your own quit plan. In a positive, no-pressure environment, learn about the nature of addiction, cessation strategies and medications, and ways to prevent relapse.

### Plant Based Nutrition

A well-planned plant-based diet can improve health and reduce the incidence of many common diseases. This class will cover the benefits of being vegetarian, how to meet your nutritional needs, and how to restock your kitchen and cook vegetarian. Sample menus and online resources will be provided. Whether you are already vegetarian or just want to learn how to eat less meat, this class is right for you!

### Heart Health Nutrition

Diet plays a big role in management of cholesterol levels, congestive heart failure, and high blood pressure. If you have one or more of these conditions, this class is for you. Topics include learning how to eat more healthfully in a restaurant, adopt low-fat cooking techniques, and read food labels.

### Diabetes Nutrition

Attend this class to get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods and enjoy eating out healthfully. With smart planning and balanced choices, eating well can still taste great.

## **Behavioral Health Classes:**

To schedule a Behavioral Health class contact,  
(916) 973-5300

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### **Stress Management Overview**

Daily life can bring many stressors. Stress can intensify physical symptoms, and can contribute to depression, anxiety, and insomnia. Come learn specific ways to build emotional and physical resilience, well-being, and the many Kaiser Permanente resources that can help. An overview of other available mind-body, multi-session programs is included.

### **Relaxation**

Learn relaxation skills that you can use immediately to reduce stress symptoms. We will teach you breathing and progressive relaxation techniques. Come practice guided imagery and relaxation exercises in class.

### **Pathways to Emotional Wellness:**

Are you feeling overwhelmed? Does your stomach cramp when you get nervous? Do you get headaches? Is stress keeping you up at night? If so, come to this class to learn how your thoughts and emotions can affect your physical well-being. We'll help you identify your sources of stress and discuss how your mental state is affecting your body. You'll learn simple techniques to help you relax. This class also provides an overview of available mind-body classes so you can choose the one(s) that are best for you.

### **Anxiety / Panic Overview**

This class covers the nature of anxiety and panic, symptoms, types of anxiety disorders, diagnoses and treatment. Learn strategies to manage your thoughts and behavioral.

### **Anger Overview**

This class covers the anger cycle, anger triggers and anger management skills.

### **Couples Overview**

Provides couples with information on relationship dynamics and skills to improve and strengthen one's relationship.

### **Depression Overview**

This class covers prevalence, symptoms, types and causes of depression as well as treatment options available.

### **Sleep Overview**

Learn how to manage chronic sleep problems and reduce symptoms of insomnia. Covers sleep cycles, sleep hygiene and behaviors to improve sleep.

## Electronic Programs and Resources:

Free resources available by telephone or online

### Wellness Coach

You know what it feels like to be healthy. You walk a little taller. Smile a little brighter. But to get healthy and stay healthy, sometimes you might need a little coaching.

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, manage your weight, quit tobacco, or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. Better yet, you don't even have to leave home to get started on your path to health. You and your coach talk one-on-one by phone at a time that's convenient for you.

Online Program: <http://livewellbewellnvly.org/emotional/smart-way/>

Telephone Based Program, to schedule call: (866) 251-4514 6 a.m. to 11:30 p.m. daily

### Nutrition Advice Line

Do you have questions about nutrition? Call to get advice from a registered dietitian. This is a 24-hour voicemail or email inbox, where a message can be left for a dietitian. Calls are generally returned within two business days. Please be sure to include your medical record number in your message.

Call for details: (916) 614-4979 or [NVnutritionadvice@kp.org](mailto:NVnutritionadvice@kp.org)

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### California Smoking Helpline

Want to quit smoking or chewing tobacco? Help is just a phone call away. The California Smokers' Helpline offers free telephone counseling. Call to have your needs assessed and to discuss the available services. When you're ready to quit, arrangements will be made for you to speak with a counselor at a time that's convenient for you. Available in English, Spanish, Mandarin, Cantonese, Vietnamese, and Korean. Open to the public. Ask for a certificate of enrollment.

Call Toll Free 1-800-NO-Butts, 1-800-662-8887

### Managing Your Back Pain Program, Online

Find relief from back pain and enjoy the convenience of our Managing Your Back Pain program. With quick video tips and exercises, this tool can help you get better faster by making changes in your daily routine to help reduce the chance of back pain returning.

Ready for relief? Visit my Doctor Online at [kpdoc.org/backpainprogram](http://kpdoc.org/backpainprogram)

## Employee Assistance Program:

For further information or to schedule an appointment, contact:

Roseville/Folsom/Lincoln: Bob Ackley, Ph.D. (916) 746-3405, or 8-439-3405

Sacramento/Rancho/Pt. West: Marissa E. Pierce, MFT (916) 486-4781, or 8-478-4781

South Sacramento: Dana Hardy, MFT (916) 688-6870, or 8-527-6870

Online: <http://xnet.kp.org/hr/ca/eap/contact.htm>

Contact E.A.P. if you or a family member is concerned about:

- Work or personal stress
- Marital or relationship difficulties
- Parenting problems
- Depression
- Alcohol or drug use, your own or someone else's
- Getting along with people at work
- Health-related issues
- Caregiving for someone in your family
- Loss and grief
- Domestic violence or other abuse
- Family matters
- Stress from financial or legal pressures
- Anxiety
- Aging relatives or friends
- Eating problems
- A colleague who may need help

EAP services are available to all Kaiser-Permanente physicians, employees, and their dependent family members. You do not have to be a Health Plan member, and no referral is necessary. There is **no charge**.

EAP services are strictly **confidential**. It is solely your decision whether to let anyone know that you've used the service. The EAP professional will not share information about you or your visits with anyone unless you give written permission. The only exceptions are for statutory reasons: to report a threat of harm to yourself or another; abuse or neglect of a child; and elder abuse. Your visit will not be noted in your personnel file or medical record.

Using EAP is **voluntary**. Remember, you do not need to be in crisis to use EAP. One of the EAP's goals is to help you deal with problems before they become crises. The EAP professional will help you define your problem, develop a plan of action, and follow through with you to make sure that the plan is working.

EAP professionals are **licensed, trained clinicians** who have years of experience working with a wide variety of work-related and personal issues.

- Appointments can usually be arranged within 48 hours.
- Office hours are 8:30 AM-5 PM, Monday - Friday.
- Appointments are also available at other times by request.
- Interpreters and alternate locations for appointments can be arranged by request.