

KP Center for Healthy Living

For those who thrive in a group along with others working on similar goals, **Center for Healthy Living** offers **KP Members** a variety of workshops (online or in person), informational sheets, and videos to support you.

Center for Healthy Living provides resources on:

- ❖ [Sleep](#)
- ❖ [Mental Health and Wellness](#)
- ❖ [Healthy Children and Teens](#)
- ❖ [Breast Feeding and Pregnancy](#)
- ❖ [Healthy Aging](#)
- ❖ [Alcohol and Your Health](#)
- ❖ [Physical Activity](#)
- ❖ [Nutrition](#)
- ❖ [Weight Management](#)
- ❖ [Pre Diabetes](#)
- ❖ [Diabetes](#)
- ❖ [Heart Health](#)



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Wellness Coaching by Phone ([Click here](#))

Work together with your own personal wellness coach on the phone to set goals for healthy, lasting change. Together, you and your coach will build a plan of action tailored just for you. Coaching is offered to KP Members in English and Spanish at no cost.

You and your coach will speak every couple of weeks for a total of 6 calls. During the calls your coach can help you set small achievable goals, stick to them, and, most importantly, see results. To schedule and appointment with a coach, call **1-866-862-4295** Monday through Friday, 7 a.m. to 7 p.m. PT.

Wellness Coaching topics:

- ❖ Reduce stress
- ❖ Increase activity
- ❖ Quit tobacco
- ❖ Eat Healthier
- ❖ Manage your weight

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