

Chronic conditions

Taking control

KAISER PERMANENTE NORTHWEST REGION • HEALTH ENGAGEMENT AND WELLNESS SERVICES



Living with an ongoing health condition doesn't mean you have to be ruled by it

Taking an active role in your health can help you feel better – and become better equipped to deal with life's ups and downs.

Whether you have high blood pressure, depression, diabetes, osteoporosis, heart disease, asthma, fibromyalgia, or some other chronic condition, you can learn to manage it and live a full life.

Healthier choices

No matter when you start, a healthy lifestyle helps improve your quality of life.

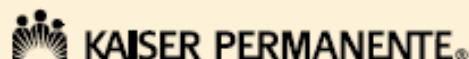
- **Keep moving.** Do something active each day – something you enjoy that maintains your strength, balance, flexibility, and cardiovascular health.
- **Eat well.** Eating nutritious foods in the right amounts can help keep you healthy. Many illnesses – such as high blood pressure and type 2 diabetes – can be prevented or controlled with dietary changes and exercise.
- **Maintain a healthy weight.** Extra weight increases your risk for illness and health complications.
- **If you smoke, consider quitting.** There are many resources to help you take this critical step to improving your health.
- **Hold on to your independence.** Find out what you can do to live independently as long as possible and the kinds of services available to assist you.

Your Health Online:

shortcuts to better health

- **kp.org/healthengagement** – get tips, information, and resources you can use to help take charge of your health.
- **kp.org/healthylifestyles** – get advice and tools with online wellness programs that help you create positive changes in your life.
- **kp.org** – sign in to email your doctor, view lab results, fill most prescriptions, make appointments, and more.
- **kp.org/mentalhealth** – check out mental health and wellness resources, including online self-assessments and digital self-care apps*.
- **kp.org/communityresources** – find programs and services near you for food, housing, childcare, utilities, and more.
- **kp.org/lifecareplan** – learn about advance care planning and download advance directive forms.
- **kp.org/healthyliving** – check out tools to help you live well.
- **kp.org/video** – view health videos online.
- **kp.org/espanol** – find content in Spanish.

* Only available to Kaiser Permanente members with medical coverage.



All plans offered and underwritten by
Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232.

- **Pace yourself.** Some days will be better than others. On your better days, try not to push yourself to do too much. On worse days, pamper yourself a little more.
- **Get as much restful sleep as possible.** The number of hours you sleep each night is not as important as how you feel when you wake up. If you do not feel refreshed, you probably need more sleep.
- **Stay up-to-date on immunizations and screening tests.** Many health problems can be prevented or controlled if they are caught early.
- **Practice relaxation skills.** Uncontrolled stress can cause or contribute to many different types of physical and psychological disorders.
- **Join a support group.** Talking to others who share your condition can help you and your family learn skills for coping.
- **Use your mind.** Staying interested and involved in the world is an important aspect of healthy living.
- **Keep up social ties and help others.** Social contact can make a big difference in how you feel and in how well you cope with problems. People who volunteer and have strong social networks are often healthier and happier than those who don't.
- **Accentuate the positive.** Expect good things to happen. Express thanks. Add laughter to your day. Your attitude really can affect your health and how you feel.



Health Engagement and Wellness Services

Contact Health Engagement and Wellness Services for many different kinds of resources. You also can get details in the Healthy Living catalog. It's available online at kp.org/healthengagement/catalog or at medical and dental offices.

Talk with a health coach for support to reach your health goals. This service is for Kaiser Permanente members at no additional cost. It is available Monday through Friday.

Check out our class offerings at kp.org/healthengagement/classes. They can help support a healthy lifestyle.

To schedule, go to kp.org/appointments. Select Health and Wellness Education as the reason for the appointment. Choose coach or class, then follow the prompts to finish registering.

You also can sign up by phone. For classes, call one of the following numbers and select option 1. For a health coach, select option 2.

**503-286-6816 or
1-866-301-3866**

kp.org/healthengagement

