



health & wellness promotion

CONTINUING
CARE
SERVICES

Community Services

This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

Kaiser Permanente Services

- Center for Healthy Living (formerly Health Education) 619-641-4194
 Refer to monthly calendars for more information
 - Fall Prevention
 - Heart Health classes
 - Smoking Cessation Programs
 - Stress Management Programs
 - Women’s Health classes

<https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/prevention-wellness/center-for-healthy-living/>
- Choose Healthy: Support your health with complimentary care..... 877-335-2746
<https://www.choosehealthy.com/public>
 Pamphlet: *Choose Healthy Pamphlet*
- CPR Classes for American Heart Association Certification..... 619-641-4133
- Healthy Balance: A Weight Management Program (free to KP members)
<https://healthybalance-kaiserpermanente.org/>
- Healthy Living Store (member library and store at Zion)..... 619-528-5153
 San Diego Medical Center 858-266-2210
- Mammograms and Pap Smears..... 800-290-5000
- Positive Choice Integrative Wellness Center 858-616-5600
 - Nutrition/Fitness Forum (ask an expert; free to all; see website for hours)
 - Exercise Programs
 - Healthy Lifestyles for families; Healthy Lifestyles for Teens
 - Fitness Testing
 - Weight Management Programs

<http://continuingcare-sandiego.kp.org>



Kaiser Permanente Services (cont.)

Wellness Coaching by Phone (free lifestyle coach) 866-862-4295
(*weight management, stop smoking, get active, eat healthy, reduce stress*)
<https://positivechoice.org>

Exercise Videos

<https://positivechoice.org/nutrition-and-fitness/exercise-videos>

Exercise Videos After a Stroke

<https://positivechoice.org/stroke>

Community Services

Travel Advisory Clinic 619-528-3184

55 Alive (AARP driver refresher class).....
www.aarp.org/home-garden/transportation/driver_safety

Aging & Independence Services 800-339-4661

AIS health promotion schedules for programs and classes 858-495-5998

Fall Prevention Task Force

www.SanDiegoFallPrevention.org

Feeling Fit Club

See website for Tai Chi and other class schedules

www.HealthierLivingSD.org

Challenge Center.....619-667-8644
<http://www.challengecenter.org/>

Club Walk – Plaza Bonita Mall-Walking Program..... 619-470-4346

Fitness Websites (free)

Fit2Me (diabetes type 2 lifestyle program)

www.fit2me.com

My Fitness Pal (food and exercise diary)

www.myfitnesspal.com

MyPlate (U.S. Dept. of Agriculture)

www.choosemyplate.gov

SparkPeople (free diet plans)

www.sparkpeople.com

San Diego Senior Games 858-292-5812

Encourages seniors age 50 and up to stay active through sports

www.SDSeniorGames.org

Special Needs Programs

San Diego Regional Center858-576-2996

<http://www.sdrc.org/>

Special Olympics San Diego County619-283-6100

<https://www.sosc.org/sandiego>

Sports for Exceptional Athletes 858-565-7432

<https://s4ea.org>

Community Services (cont.)

Therapeutic Recreation Services (TRS) Program 619-525-8247
www.sandiego.gov/park-and-recreation/activities/trs

Walkabout International (10:00-2:00 M-F) 619-231-7463
www.walkabout-int.org

For corrections or additions to this handout, please call (619) 641-4456