



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

Choose Healthy: Support your health with complimentary care..... 877-335-2746

<https://www.choosehealthy.com/home?pc=AC>

Pamphlet: *Choose Healthy Pamphlet*

CPR Classes for American Heart Association Certification..... 619-641-4133

Health Education (Center for Healthy Living) 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/>

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 858-573-0090

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)..... 619-641-7020
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

<https://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) Program619-525-8247
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