kaiser permanente 2009 onsite health and wellness services

no cost offerings

Service	For more information
Annual Wellness Calendar Utilize this tool to promote broad-level wellness messaging • Monthly resource that includes the following: health observances, wellness topics, monthly articles for distribution to staff, Kaiser Permanente tools, health education classes offered at Kaiser Permanente medical offices, webinars available to Kaiser Permanente members and nonmembers and various national and state resources.	EmployerHealthAndWellness@kp.org
Employer Health & Wellness Toolkit Comprehensive toolkit that includes programs available through Kaiser Permanente on the following topics: • Exercise • Nutrition • Weight management • Stress management/depression • Tobacco cessation • Creating a healthy work environment • Managing back/neck pain • Managing ongoing conditions • Online resources	EmployerHealthAndWellness@kp.org

HealthMedia® online programs through kp.org
HealthMedia® online programs through kp.org
• Succeed™ Total Health Assessment
• Healthy Lifestyle Programs
  • Balance™ for Weight Management
  • Breathe™ for Tobacco Cessation
  • Nourish™ for Healthy Eating
  • Relax™ for Stress Management
  • Care™ for Your Back, Pain, Chronic Condition and Diabetes
  • Overcoming™ Insomnia and Depression
	EmployerHealthAndWellness@kp.org
	or
	kp.org/healthylifestyles
	
	No cost for Kaiser Permanente members only.

For more information, contact EmployerHealthAndWellness@kp.org or Mike Gonzales at 303-614-1064.
More services will become available throughout 2009.

Service	For more information
○ **Breathe Easy Tobacco-Free Campus** • Comprehensive, step-by-step guide to creating and implementing a tobacco-free work campus.	EmployerHealthAndWellness@kp.org
○ **Webinars** • Cholesterol • Healing with Acupuncture • Managing Your "Overwhelm" • Preventing Diabetes & Heart Disease • Sleep Secrets • Tobacco Cessation • Training to Thrive • Weight Loss: Weighing the options	EmployerHealthAndWellness@kp.org
○ **Tabletop Displays for Health Fairs** (4-6 week lead time to coordinate) • Drunk Driving • Eating on the Run • Measuring Your Health (to go with body fat testing) • Move More: Strength Training • Move More: Stretching • Move More: Walking for Life • Portion Distortion • Stress Management • Strive for a Healthy Heart (to go with blood pressure assessment) • Sun Safety • Commit to Quit: Tobacco Cessation • Weight Management	Contact your Kaiser Permanente Account Executive