

ONCOLOGY PATIENTS and FAMILIES

At-A-Glance Resources At Kaiser Permanente In Santa Clara.

Program	Description	Referral Method	Cost
Online Health Coach: Stress Less	Personalized video coaching. Video coaching sessions & downloadable materials sent to you by e-mail.	Patient self-referral www.kp.org/healthcoach	Free
Overcoming™ Depression	An online HealthMedia® Program that can help you gain greater control over your depression— and work toward feeling better.	Patient self-referral www.kp.org/healthylifestyle	Free
Relax™	An online HealthMedia® Program with an individually tailored plan for handling stress. Discover what causes your stress & find ways to manage it.	Patient self-referral www.kp.org/healthylifestyle	Free
Pathways To Stress Reduction	A one-session class. Identify and discover how your body, mind and symptoms are connected.	Patient self-referral Mind-Body Wellness Center 408-366-4284 or Health Education 408-851-3800	Free for members
Stress Management: A Mind-Body Approach	An 8-session class (2 hours per session) to learn about how emotions and thoughts affect our health.		Free for members
Introduction to Meditation	A 2-session class teaching basic meditation practice including body posture and breath awareness, two of the most important aspects of meditation.		Fee varies for members and non-members
Stress (guided imagery podcast)	A free podcast for stress relief you can download to an mp3 player or listen to online.	Patient self-referral www.kp.org/listen	Free
Movement & Flexibility Classes	<p>Yoga (beginning): Gain flexibility, strength and balance for your body while you clarify and calm your mind.</p> <hr/> <p>Breath of Yoga: A profound breathing technique providing the benefits of yoga without using postures. A powerful energizer to help cleanse deep-rooted stress.</p> <hr/> <p>Pilates: An approach to gain strength and flexibility through exercises that strengthen abdominal and back muscles.</p> <hr/> <p>Zumba (Mountain View): High-energy and motivating Latin Based dance music combined with unique moves, create a dynamic, exciting, effective group exercise fitness system. No dance experience required!</p> <hr/> <p>T'ai Chi Chih (beginning): Also known as "joy through movement", this gentle easy method helps reduce stress and increase balance, inner peace and flexibility through simple flowing movements.</p>	Patient self-referral Health Education Santa Clara 408-851-3800 Or Mountain View 650-903-2636	Costs and number of sessions vary. <i>Available for members and non-members with discounted member-rates.</i>
Sleep Better	A 6-session (2 hours per session) class designed to help improve the quantity and quality of your sleep. This class does not apply to problems related to a medical condition, substance abuse or medications.	Patient self-referral Mind-Body Wellness Center 408-366-4284	Members \$90.00; Non-members \$170.00