Self-Care Tools for Depression and Chronic Pain

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Medical Director, kp.org
Medical Director, Martinez Hospice
• I have no relationships with industry to disclose.
Important notices

Tuesday, February 9: All Kaiser Permanente medical offices in the Mid-Atlantic states will close at 9 p.m. and remain closed through Wednesday, February 10. Learn more about closures in the Mid-Atlantic states.

Stay informed about H1N1 flu (swine flu) and seasonal flu.

Privacy notification: Northern California

Health and wellness

Support and inspiration that works on your time—digital health coaching

Be sweet to your heart

5 things you can do to lower lipid levels and reduce your risk of heart attack and stroke.

Top the power of your mind: Guided imagery can help with stress, anger, heart health, and more.

Video: a personal roadmap for managing your diabetes

- Featured health topics
- Healthy lifestyle program

Health plans and services

A perfect match of choice and price: Apply for coverage.

Plans for peace of mind

Losing your coverage? We can help.

3 easy steps: individual and family plans

Get covered: Check out our plans for current and retired federal employees.

Get information on our Medicare plans.

Now that we've found each other

New member, meet Kaiser Permanente.

At home, online, or on the road. We've got you covered.

My health manager

Ready for a new you? Take a total health assessment, get a custom action plan.

News Center

Kaiser Permanente is founding member in partnership to fight childhood obesity.
Depression Self-Care Tools on kp.org

- Depression Content Center
- Healthwise content and tools
- Healthy Lifestyle Program
- Podcasts
- Widgets
- Drug Encyclopedia
- Classes and Programs
- Regional self-care tools
Conditions and diseases

Find in-depth information and other resources you can trust to help you manage your health.

**Health encyclopedia (browse topics A to Z)**
Research health conditions for information on prevention, treatment options, and more.

**Symptom checker**
Point to the body part that’s troubling you for more information about your health.

**Featured health topics**
- Allergies
- Arthritis
- Asthma
- Cancer
- Colds & flu
- Depression
- Diabetes
- Heart health
- HIV/AIDS and STDs
- Making health decisions
- Pain management
- Surgery
- Temas sobre la salud

**Manage ongoing conditions**
Learn about our personalized programs to help you live well with chronic health conditions.

**Enciclopedia de la salud**
Busque por información sobre una condición o una enfermedad.
Depression is real, common, and treatable

It's more than just "the blues." Depression is different from feeling down or sad, which nearly everyone experiences from time to time. Depression is a real and serious medical illness, just like heart disease or diabetes, and it's more common than many people realize. This is true for children and teens as well as adults.

But there is good news. Although depression just doesn't go away on its own, it can be treated—and many people who get help do overcome it. This usually requires counseling, medication, or, when necessary, a combination of both, as well as some steps you can take on your own to improve your mood.

Drug advisory: The FDA has issued precautionary guidelines on antidepressant use.

To learn more about depression, select one of the links on the left, or continue on to basic facts about depression.
Be patient with yourself. It took time for your depression to develop, it will also take time for your symptoms to improve. Avoid taking on too much or being hard on yourself.

Stay active. Regular exercise may help lift your mood, reduce stress, and raise your energy level. Use a pedometer (an easy-to-wear device that senses your body’s motion) to count your steps and motivate you to increase your activity. Learn about our 10,000 Steps+ Program. Or find out how you can use yoga to relax and exercise.

Break tasks into small steps that are easy for you to manage. This may help prevent you from feeling overwhelmed.

Unwind. Find some simple ways to relax and reduce stress in your life. Our HealthMedia® Relax™ program will design personalized strategies to help you reduce and manage stress. (This program is for our members only.)

Get professional help managing your grief if you’ve experienced a loss, and you haven’t noticed any improvement in your mood after a few weeks.

Alcohol and drugs won’t help. Using alcohol and drugs can make depression worse.

Learn ways of coping with depression in our health classes.

Most of all, don’t give up—you can feel better!

Note for caregivers: Helping a family member or friend with depression can be a rewarding experience,
Depression

Topic Overview

Is this topic for you?

This topic covers depression in adults. For information on:

- Depression in young people, see the topic Depression in Children and Teens.
- Depression after childbirth, see the topic Postpartum Depression.
- Depression followed by times of high energy, see the topic Bipolar Disorder.
- Depression and suicide, see Depression and suicide.

What is depression?

Depression is an illness that causes you to feel sad, to lose interest in activities that you’ve always enjoyed, to withdraw from others, and to have little energy. It’s different from normal feelings of sadness, grief, or low energy. Depression can also cause people to feel hopeless about the future and even to think about suicide.

Many people, and sometimes their families, feel embarrassed or ashamed about having depression. Don’t let these feelings stand in the way of getting treatment. Remember that depression is a common illness. Depression affects the young and old, men and women, all ethnic groups, and all professions.

If you think you may be depressed, tell your doctor. Treatment can help you enjoy life again. The sooner you get treatment, the sooner you will feel better.

What causes depression?

Depression is a disease. It’s not caused by personal weakness and is not a
Interactive Tool: Are You Depressed?

Risk of depression

INTERACTIVE HEALTH
risk of depression

Over the last 2 weeks, how often have you been bothered by any of the following problems?

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little interest or pleasure in doing things.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Feeling down, depressed, or hopeless.</td>
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<tr>
<td>Trouble falling or staying asleep, or sleeping too much.</td>
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</tbody>
</table>

Source: PHQ-9 copyright 2005, Pfizer, permission granted. The PHQ-9 assessment is adapted from PRIME MD TODAY and developed by RL Spitzer, JBW Williams, K Kroenke, et al.

Continue to Risk of depression -- Credits
Start feeling better
with Overcoming™ Depression

HealthMedia® Overcoming™ Depression can help you gain greater control over your depression—and work toward feeling better. This online program, free to members, helps you assess your feelings about yourself and how you interact with others. Then, you get a customized plan that will show you how to cope with your depression and head in a more positive direction. You'll also receive follow-up e-mails to track your progress.

After completing the questionnaire, you'll receive your customized action plan and tools that are tailored to your preferences.

You can review your plan online anytime you like—24 hours a day, seven days a week—or print out a copy to discuss with your physician at your next office visit.

Start Overcoming™ Depression now.

View other information about depression.
Overcoming Depression

Do you think you might have depression? Do you want to feel better? You're in the right place. With HealthMedia® OVERCOMING™ Depression, our team of experts will put together a program just for you. How? First, we learn about you through our interview. Then, we use that knowledge to steer you toward a brighter tomorrow.

With your personalized program, you get advice from experts and a set of goals — selected just for you — that address your unique challenges to managing your mood. On top of that, we'll direct you to tools, like Step by Step, that can help you meet those goals. And along the way, we'll check in to find out how you're doing.

Ready to go? Click below.

Start Your Interview >
You came to the right place. Let's start with some questions about depression; then we can talk about what to do next. First, let's look out how you've been feeling the past week.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>During the past week, I felt depressed.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>During the past week, I felt that people disliked me.</td>
<td></td>
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<tr>
<td>During the past week, I was happy.</td>
<td></td>
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<tr>
<td>During the past week, I felt that everything I did was an effort.</td>
<td></td>
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<tr>
<td>During the past week, my sleep was restless.</td>
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<tr>
<td>During the past week, I felt lonely.</td>
<td></td>
<td></td>
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<tr>
<td>During the past week, people were unfriendly.</td>
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<td></td>
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<tr>
<td>During the past week, I enjoyed life.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>During the past week, I felt sad.</td>
<td></td>
<td></td>
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<tr>
<td>During the past week, I could not &quot;get going.&quot;</td>
<td></td>
<td></td>
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<tr>
<td>During the past week, I had or felt like having crying spells.</td>
<td></td>
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<tr>
<td>During the past week, I felt hopeful about the future.</td>
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Healthy Lifestyle Programs – Overcoming Depression

Program features include:

• Setting attainable goals customized for each participant
• Changing negative thought patterns
• Cognitive behavioral tools and techniques
• Relaxation exercises
• Evaluation of lifestyle habits and recommendations for change

Outcomes in KP members*:

• 34% decrease in average CES-D scores from 5.72 to 3.80
• 29% decrease in average number of physician visits from 2.38 to 1.70
• 11% increase in the confidence to manage depression

As of June 2009; source is HealthMedia data tracking
Healthy Living To Go
audio library

To listen now
Click the “Listen” link.

To get your audio program “to go”
Want to listen later? To listen on your iPod or MP3 player, click the “Download” button. Links will open in a new window.

Guided imagery programs
Our guided imagery programs were produced by Health Journeys®. Guided imagery is a type of relaxation exercise designed to engage your mind, body, and spirit. Guided imagery programs are gentle, yet powerful.

All you have to do is settle in, relax, and listen.

We have many programs to choose from:

- Anger and forgiveness
  - Listen
  - Download
- Chemotherapy
  - Listen
  - Download
- Ease grief
  - Listen
  - Download
- Ease pain
  - Listen
  - Download
- Fibromyalgia and fatigue
  - Listen
  - Download
- Fight cancer
  - Listen
  - Download
- Healthful sleep
  - Listen
  - Download
- Healthy heart
  - Listen
  - Download
- Healthy immune system
  - Listen
  - Download
- Healthy pregnancy and successful childbirth
  - Listen
  - Download
- Mastering menopause
  - Listen
  - Download
- Panic attacks and anxiety
  - Listen
  - Download
- Radiation therapy
  - Listen
  - Download
- Relaxation and wellness
  - Listen
  - Download

Other audio programs

Other audio programs

Exercise lite
Exercise smart
Holiday depression
In the kitchen with Carole
In the kitchen with Carole: Healthy Stress management for medical con
Walking for health

*The above audio programs were produced to make holistic health tools that teach health guided imagery and meditation tapes. CDs at the Health Journeys Web site to check out their discount offers.

Please note: When you click the link to the Web site, you will leave the Kaiser Permanente Web site. Once you reach the Health Journeys Web site, please make sure you read the privacy policy for that site.

Accessibility note: Kaiser Permanente does not have these audio files because the reading voice success of the programs.

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Back to kaiserpermanente.org
Calming fitness
get fit with yoga

Yoga means "union" and its purpose is to connect the body, mind, and spirit. The practice dates back thousands of years in Eastern traditions, and for many people, the lessons it teaches are a way of life. Yoga thrives today because it is a wonderful form of fitness and because it offers a balance to other types of exercise.

One of the best things about yoga is that it can be done by anyone. People of all shapes, sizes, and ages can find a type of yoga to fit their interests and needs, no matter what their level of fitness or expertise.

Several studies have also shown that yoga helps lower blood pressure, improves a person's sense of well-being, and can help people who have asthma learn to breathe more easily. A study determined that a 6-month yoga program improved fatigue in people with multiple sclerosis.

Yoga includes hundreds of poses, called "asanas." These postures increase flexibility, strength, and relaxation, which all promote fitness and help to prevent injury. The asanas strengthen and purify the body, while meditation, breathing, and chanting focus the mind and encourage a spiritual connection.

Yoga is restorative. Most yoga lessons begin with warming and soothing postures combined with meditation, breathing, and relaxation exercises. The key to all yoga, including the popular types below, is to focus on correct form and alignment.

Types of yoga
Little helpers for healthy living

Welcome to a fun new way to do something good for yourself. Our widgets — Brain Teaser widget, Burn It Off Fitness Calculator widget, and Yoga widget — are designed to help stimulate the mind, strengthen the body, and soothe the spirit. They are meant to be fun, and are perfect for whenever you need a break!

Downloading a widget is fast, free, and secure. Why not get started today? It’s one way Kaiser Permanente can help you achieve a healthier lifestyle, even when you’re online!

About widgets

Generally speaking, widgets are small, self-contained programs that live on your computer’s desktop and focus on a single thing, such as checking the weather. They are designed to be easy to use, and a lot of people enjoy collecting them. Many widgets give you access to personalized content that is automatically updated with new information as it becomes available.
Two easy steps to get your widget

**STEP 1:**

First, download the [Yahoo! Widgets program](https://widgets.yahoo.com) on your computer.

After you've downloaded the Yahoo! Widget program, you will not be required to do so again. The initial download will allow you to use all the widgets available on this site. If you are a first time user, just go to the instructions.

If you already have Yahoo! Widgets program, simply skip ahead to Step 2.

**STEP 2:**

Select & download one of the widgets below, and then open the widget and follow the instructions.

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**Burn It Off! Fitness Calculator**

See how much exercise or activity you need in order to burn off the calories from certain foods.

**Yoga**

Strike a healthy pose anywhere you have a little space to help you stay on your toes.

**Brain Teaser**

Up for some mental exercises? Use this widget to sharpen your mind whenever you have a dull moment.

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**Disclaimer**

Calculations are estimates only. Metabolism rates during exercise or at rest can vary greatly. Experts recommend 30 to 60 minutes of moderate physical activity per day, most days of the week. Underactivity or overactivity may have adverse effects on your health. Individuals with existing disorders or tendencies to over exercise should not use this tool.
Medications for depression

Medications are commonly used to treat depression, and they can be very effective. Antidepressant medications change the balance of chemicals in the brain that often cause depression. You may need to try several antidepressants before you find the one that works best for you.

Most people who take antidepressants start to feel better in 2 to 4 weeks, but it can take up to 12 weeks to feel the medication's full effects. It is very important to keep taking your antidepressant medication even after you feel better. People usually stay on antidepressants for at least 7 to 15 months.

The following medications are commonly prescribed for depression:

Aventyl (nortriptyline)
Celexa (citalopram)
Desipramine (norpramin)
Desyrel (trazodone)
Effexor (venlafaxine)
Paxil (paroxetine)
Prozac (fluoxetine)
Remeron (mirtazapine)
Wellbutrin (bupropion)
Zoloft (sertraline)

Use our drug encyclopedia for a complete list of antidepressant medications.
Looking for inspiration?
Search our healthy living classes and programs

- depression
- Help
- Start a new search
- Iniciar nueva búsqueda

Narrow by location
- Central Valley (7)
- Sacramento area (12)
- San Francisco Bay area (48)

Narrow by subject
- Age & gender (32)
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Narrow by program
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Depression 2: managing your mood...skills for overcoming depression (Class)
Mountain View Medical Offices

Depression management skills (Class)
Gilroy Medical Offices

Depression: peri-partum (Class)
San Jose Medical Center

Emotional well-being during pregnancy (Class)
Roseville Medical Center
Sacramento Medical Center

Group therapy in the psychiatry department (Class)
San Francisco Medical Center

Managing Depression Overview (Class)
Richmond Medical Center

Managing depression overview (Class)
Folsom Medical Offices
Pinole Medical Offices
Rancho Cordova Medical Office
Roseville Medical Center
Sacramento Medical Center
Santa Rosa Medical Center
South Sacramento Medical Center

Managing Depression Series (Class)
Richmond Medical Center

Managing depression series (Class)
Delta Fair Medical Office
Fremont Medical Offices
Pinole Medical Offices
Roseville Medical Center
Sacramento Medical Center
Santa Rosa Medical Center

Managing depression: multi-session (Class)
Campbell Medical Offices
Fresno Medical Offices
Modesto Medical Offices
Pain Self-Care Tools on kp.org

• Pain Management Content Center
• Healthwise content
• Healthy Lifestyle Programs
  – Care for your Pain
  – Care for your Back
• Podcasts
• Drug Encyclopedia
• Classes and Programs
• Regional Self-Care Tools
Managing chronic pain
you play the central role

Chronic pain—the kind that is almost always with you or that happens frequently—can take its toll on your health, sense of well-being, relationships with family and friends, and ability to work.

You play the central role in managing your pain. Fortunately, there are effective medications, self-care options, and other treatments to help you feel better and remain in control of your life.

This topic does not cover cancer-related chronic pain.

Select any of the links on the left to learn more, or continue on to what is chronic pain?[

Reviewed by: Karen Pantazis, MD and Andrew Bertagnoli, PhD, December 2006
Complete list of reviewers
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Head off headaches

Relieve the pain with our headache guide.
Chronic Pain

Topic Overview

Is this topic for you?

This topic is for people with chronic pain caused by problems other than cancer. If you are looking for information on pain caused by cancer, see the topic Cancer Pain.

What is chronic pain?

Pain that lasts for 3 months or longer is called chronic. Pain is your body's way of telling you that something is wrong. It's normal for you to have pain when you are injured or ill. But pain that lasts for weeks, months, or years is not normal.

Chronic pain can occur anywhere in your body. It can range from being mild and annoying to being so bad that it gets in the way of your daily activities.

Anyone can get chronic pain. It's more common in older adults, but it's not a normal part of aging. Older adults are more likely to have long-term medical problems, such as diabetes or arthritis, which can lead to ongoing pain.

What causes chronic pain?

The cause of chronic pain is not always clear. It may occur because brain chemicals that usually stop pain after you get better from an illness or injury are not working right. Or damaged nerves can cause the pain. Chronic pain can also occur without a known cause.
Manage pain
with Care™ For Pain

HealthMedia® Care™ for Pain is an online program, free to members, that helps you examine how chronic pain affects your daily life, then helps you explore ways to manage it.

The program can help you learn to manage many types of chronic pain, including:

- arthritis
- back and joint pain
- muscle and soft tissue pain
- nerve pain and pinched nerves
- chronic headaches and jaw pain

Once you complete the questionnaire, you'll receive a customized action plan to help you begin managing your pain and start reducing its impact on your life.

You can review your plan online anytime you like—24 hours a day, seven days a week—or print out a copy to share with your physician at your next office visit.

Participants report these encouraging results:

- 23% reduction in pain intensity levels
- 19% reduction in pain unpleasantness levels
- 8% reduction in sleep difficulty ratings due to pain
- 9% reduction in doctors visits

Start Care™ for Pain now.

View other information about pain management.
Low back pain: Should I have an MRI?

You may want to have a say in this decision, or you may simply want to follow your doctor’s recommendation. Either way, this information will help you understand what your choices are so that you can talk to your doctor about them.

Low back pain: Should I have an MRI?

1. Get the Facts
2. Compare Options
3. Your Feelings
4. Your Decision
5. Quiz Yourself
6. Your Summary

Get the facts

Your options

- Have an MRI.
- Don't have an MRI.

Key points to remember

- An MRI is not a standard test for finding the cause of low back pain. A physical exam that includes questions about your medical history is enough to diagnose and treat most cases.
- Since most low back pain gets better on its own, it's often best to wait and see if you get better with time.
- An MRI is helpful if your doctor suspects that disease or nerve damage is causing your pain.
Back to Basics

Kate,
You’re ready for an uncomplicated plan. Our team of experts knows that caring for - and preventing - back pain can be complex, so they created a simple guide to better back care. Your HealthMedia® CARE™ for Your Back plan is now available.

Your Personalized Plan >

Plan:
Your personalized Care for Your Back Plan is ready. (posted on January 20, 2009)

Medical Library

Check out the Medical Library for more information on caring for your back as well as other health conditions.

Exercise Library

Check out the Exercise Library for a step-by-step guide to a safe workout.

Care for Your Back Plan

Your Care for Your Back Plan includes personalized back care strategies, videos, pictures, exercises, and more!

PLEASE NOTE: The information, data, behavioral recommendations, and any other materials provided by HealthMedia, Inc. in the questionnaire digital consultation, plan, newsletters, website, and in any other form are not, nor are they intended to be, a medical evaluation, examination, advice, consultation, diagnosis, or treatment. HealthMedia, Inc. recommends that you consult a physician or other health care professional before engaging in any physical activity.
Welcome

Welcome, Kate.

Welcome to your personal back care program! We care about you and are looking forward to walking through the steps of healthy back care alongside you.

Back pain has may have plagued you for a long time, and you can’t get rid of it. We imagine you’d like to learn how to manage it as best you can. We realize that dealing with depression and osteoporosis is challenging. You need more control, so that back problems don’t continue to sabotage your goals.

We hope this program will give you useful information and a chance to learn practical skills so you can lead a more balanced, enjoyable life.

Did You Know?

Did you know that what you eat affects your back?

more info...
HealthMedia Care for Pain

Designed for anyone suffering from chronic pain conditions including rheumatoid arthritis, osteoarthritis, joint pain, disc pain, back pain, fibromyalgia, neuropathy, TMJ, and headache including migraine:

• Teaches self-management and coping strategies
• Improves doctor-patient relationships
• Improves appropriate medication compliance
• Decreases the impact of pain on activities of daily living
• Improving social support
• Reduces stress and improves time management
• Addresses depression and insomnia as co-morbid conditions
• Helps patients gain a positive outlook on life
• Improves productivity impairment at work
Outcomes for KP members:*

- 21% reduction in pain intensity levels
- 19% reduction in pain unpleasantness levels
- 8% reduction in sleep difficulty ratings due to pain
- Productivity savings of $1,360/year/participant

As of June 2009; source is HealthMedia
HealthMedia Care for Your Back

Outcomes for KP members*:

- 91% improvement in ability to prevent back pain
- 74% improvement in ability to manage back pain
- 36% drop in the level of interference back pain has on daily activities

As of June 2009; source is HealthMedia
Pain medications

Medications can help relieve chronic pain, and work best with self-care and other treatments. A combination of treatments is almost always needed for effective pain management over time.

When taking pain medication:

- Stay ahead of the pain. If the directions on your medications say to take them "as needed," be sure to use them at the first sign of increasing pain. The longer you wait, the harder it is to get rid of the pain.

- If you're prescribed a regularly scheduled medication (such as one you take every 12 hours), take it even if you feel you don't need it right at that moment. Chronic pain is often best treated by using around-the-clock medication dosing. It's easier to keep pain in check, than trying to treat it once it comes back.

- Talk with your doctor before decreasing or increasing your medication.

- Some pain medication, especially the opioids like codeine, can cause constipation.

- Before using any new medication (including over-the-counter drugs, herbs, or supplements) discuss its safety and effectiveness with your doctor or pharmacist. It is also important to find out how it will interact with any medication you are currently taking.

- If you have questions about your medication, review our drug encyclopedia or contact a pharmacist online.

- Refill your prescriptions, before you run out.

Anti-inflammatory medications

A non-steroidal anti-inflammatory (NSAID) is often the first type of medication recommended for treating mild to moderate pain. Some of these are available at your local pharmacy without a prescription.

Learn more about common types of NSAIDs including:

- Naprosyn, Aleve, Anaprox (naproxen)
- Advil, Motrin (ibuprofen)
- Cataflam (diclofenac potassium)
- Voltaren (diclofenac sodium)
- Indocin (indomethacin)
- Relafen (nabumetone)

Short-acting opioids are typically used for breakthrough pain (on an as-needed basis) and usually relieve pain for few hours. The pain relief starts quicker than with long-acting opioids.

These include:

- Dilaudid (hydromorphone)
- Dolophine (methadone)
- Hydrocodone/Acetaminophen (Vicodin)
- Lortab
- Morphine-immediate release (MS IR) or (Astramorph)
- M S Contin, Roxanol, MSIR, Oramorph (morphine)
- Norco
- Oxycodone (oxycodone)
- Oxycodone-immediate release (Oxy IR)
- Oxycodone/acetaminophen (Percocet)
- Oxycodone/paracetamol (Paradol)

Long-acting opioids help lessen pain for a longer time than short-acting opioids. These medicines have a slower onset of action but the pain relief lasts longer. They are typically taken around the clock, rather than on an as-needed basis. They are generally not meant for people who have never taken opioids before.

These include:

- Morphine-extended release (Astramorph)
Looking for inspiration?
Search our healthy living classes and programs

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- San Francisco Bay area (98)

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Acupressure (Class)
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- Park Shadelands Medical Office
- Redwood City Medical Center
- San Jose Medical Center
- San Rafael Medical Center

Acupressure for self-care (Class)
- Pinole Medical Offices

ADD - ADHD workshop: for parents (Class)
- San Rafael Medical Center

Anesthesia options for labor pain (Class)
- San Francisco Medical Center

Arthritis self-management (Class)
- San Francisco Medical Center
- San Jose Medical Center
- Stanford Arthritis Center

Back care basics (Class)
- San Rafael Medical Center
- Santa Clara Medical Center

Back care solutions (Class)
- Rancho Cordova Medical Office
- Roseville Medical Center
- Sacramento Medical Center
- South Sacramento Medical Center

Back education - Cantonese (Class)
- San Francisco Medical Center

Back education (Class)
- San Francisco Medical Center
A new way to be active for life!

Simple and fun, our 10,000 Steps program is a surefire way to boost your activity. Join now — you'll discover the secrets to fit steps into your already busy days.

Choose your path!

Lose Weight or simply Feel Great!
Join Now! and start stepping today.
**Important notices**

Tuesday, February 9: All Kaiser Permanente medical offices in the Mid-Atlantic states will close at 9 p.m. and remain closed through Wednesday, February 10. [Learn more about closures in the Mid-Atlantic states](#).

Stay informed about [H1N1 flu (swine flu)](#) and [seasonal flu](#).

**Privacy notification:** [Northern California](#)

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**Health and wellness**

Support and inspiration that works on your time—[digital health coaching](#)

Be sweet to your heart:

5 things you can do to lower lipid levels and [reduce your risk for heart attack and stroke](#).

**Tap the power of your mind:** Guided imagery can help with stress, anger, heart health, and more.

Video: a personal roadmap for [managing your diabetes](#)

- [Featured health topics](#)
- [Health topics A to Z](#)
- [La guía en español](#)
- [Healthy lifestyle programs](#)
- [More...](#)

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**Health plans and services**

A perfect match of choice and price: [Apply for coverage](#)

Plans for peace of mind:

**Losing your coverage?** We can help.

3 easy steps: [individual and family plans](#)

Get covered: Check out our [plans for current and retired federal employees](#).

[Get information on our Medicare plans](#).

Now that we've found each other:

**New member, meet Kaiser Permanente.**

At home, online, or on the road. [We've got you covered](#).

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**My health manager**

Ready for a new you? Take a [total health assessment](#) and get a custom action plan.

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**News Center**

Kaiser Permanente is founding member in partnership to fight childhood obesity.