

HEALTH FAIR ACTIVITIES include screenings and interactive activities customizable to meet your interests and goals at no cost to you.

Requirements:

- Distribution of promotional materials or posters provided to announce health fair.
- Availability of appropriate conference or meeting room.

HEALTH FAIR ACTIVITIES

SCREENINGS

Blood pressure

Body fat analysis

Body Mass Index (BMI)

Vision (Distance)

Fitness

Skin cancer

Peak Flow Measurement

Bone density

Back strength

Flu, pneumonia, and tetanus shots

Total Cholesterol/HDL Fingerstick/Glucose

Basal Metabolic Rate Calculation

Other screenings available upon request

ON-SITE INTERACTIVE ACTIVITIES

General information on physical activity, healthful eating, stress management, and exercise in the workplace.

Tabletop displays (smoking, clogged arteries, physical activity, nutrition, and more).

Healthy Food Tasting

Chair Massage

COMMUNICATIONS MATERIALS support you in the implementation of on-site activities.

COMMUNICATIONS MATERIALS

TRAINING

Training is available for human resources, employee health, or other designated onsite "wellness" staff on Kaiser Permanente's HealthWorks collateral materials and resources. Learn how to implement them at your worksite.

WELLNESS ARTICLES

Kaiser Permanente can provide health-related articles that can be included in your employee newsletter, such as *Tip of the Week* and *Ounce of Prevention* newsletter.

PROMOTIONAL MATERIALS

Marketing communications materials (posters, flyers, postcards, and payroll stuffers) that can be used to increase awareness and generate enthusiasm for jointly-sponsored Kaiser Permanente programs, seminars, or wellness activities.

ONLINE INTERACTIVE ACTIVITIES

Healthy Living resources (Online health record access on kp.org, Health Education classes, Healthwise knowledge base, online programs including HealthMedia and Healthy Roads, and Kaiser Permanente discount programs).

Most materials are offered at no additional cost to you.

HEALTH SEMINARS are interactive discussions, typically held over the lunch hour, to help give your employees quick tips on how to get on track to a more healthful lifestyle.

Requirements:

- Distribution of promotional materials or posters provided to announce presentations and assess interest.
- Availability of appropriate conference or meeting room.
- Minimum pre-registration of at least 10 employees.

HEALTH SEMINARS

MULTI-SESSION WORKSHOPS

WEIGHT MANAGEMENT Learn how making healthful choices, including regular exercise, proper nutrition, and a positive attitude, can help you lose weight and keep it off. Participants are encouraged to wear loose-fitting clothing and comfortable shoes.

STRESS MANAGEMENT This workshop will empower you with the tools to cope with stress. Learn how to create a more balanced state with simple stress relief techniques. Time-management, deep breathing, meditation, and visualization are core components of this workshop. Chair massage is provided at the final session.

TOBACCO CESSATION Take a step toward good health by quitting smoking. This readiness-centered workshop is designed to prepare smokers for success in their tobacco cessation efforts. The workshop includes information on the benefits of quitting, familiarizing the smoker with their habit, appropriate and recommended pharmacological and behavioral quitting strategies, developing a personalized cessation plan, maintenance/relapse prevention skills, and available resources.

SINGLE-SESSION SEMINARS

TAKING CHARGE OF YOUR HEALTH No more excuses. This class will focus on committing to and designing a health improvement program. Healthful eating, exercise, stress, and work/home balance are the focus of this workshop.

FOCUS ON FITNESS Participants learn the basics of exercise, get motivated for personal fitness, and explore new ideas for physical activity.

HEALTHY HEART Hands-on heart, artery, and cholesterol models help participants understand heart disease and learn the risk factors for heart disease and how to make lifestyle changes for better health.

continues on back

WEIGHT MANAGEMENT	Making healthful choices, including regular exercise, proper nutrition, and a positive attitude, can help your employees lose weight and keep it off.
SMOKING CESSATION	Tobacco remains the leading preventable cause of death in the nation. Participants learn the consequences of smoking and explore techniques for quitting.
MANAGING STRESS	Participants learn a variety of skills to help manage stress. This workshop will help your employees identify stressors in their life and learn a variety of stress reduction techniques.
MANAGING MENOPAUSE	Participants learn self-care techniques and what to expect during the normal process of menopause. Topics include: physical and emotional changes, osteoporosis, alternatives to menopause management, and more.
STAYING HEALTHY AT WORK	The inter-relationship between healthful eating, ergonomics, break-time, and stress relieving exercises in the work place will be discussed in this workshop.
BACK HEALTH	Many factors can affect the health of a person's back. Participants learn how the back works, practice techniques, and learn stretching & strengthening exercises to keep the back relaxed and healthy.
BALANCING HOME & WORK	Participants learn sustainable work-life balancing strategies that support their needs and the needs of your organization while enhancing the culture of their work environment.
CONTROLLING CHOLESTEROL	Learn about "good" and "bad" cholesterol, and how they impact your heart health. Get information on how more healthful food choices and lifestyle changes can reduce your risk of heart attack and stroke.
FAST FOOD & YOUR HEALTH	The fast food industry is offering a variety of reduced fat and lower sodium alternatives. Learn how to make more healthful choices in fast food restaurants for you and your children.
HEALTHY SUPERMARKET TOUR	Take a virtual trip down the aisles of your average supermarket while you learn how to make healthful meal choices. Get tips on reading labels and food safety.
LABEL READING 101	This workshop helps you to understand food labels. Get information on serving size, vitamins, sugars, trans fat, percentage of daily value, sodium, and more.
CANCER AWARENESS	What you eat (or don't eat) can influence your risk of developing cancer. In this interactive seminar, you will learn the best ways to reduce your risk through simple lifestyle changes and screenings that are available based on age, gender, and ethnicity. Join us for an update on active living strategies that will empower you to reduce your risk for disease.
INTERACTIVE NUTRITION PRESENTATIONS	
HEALTHY COOKING	A professional chef or dietitian will cook a healthful meal that is lower in sodium, fat, and sugar. Participants observe food preparation steps and cooking techniques and get the opportunity to sample various delicious entrees.
HEALTHY FOOD TASTING	This interactive table will be loaded with various healthful snacks and beverages that are great for snacking on-the-job or at home. Taste a variety of foods and learn the benefits of good nutrition.

CUSTOMIZED PRESENTATION

Looking for another topic? We can customize a presentation to meet your interests and needs.

SELF-CARE RESOURCES give your employees the tools to make wise health care decisions and take an active role in their health. These tools offer a variety of methods to match learning styles and needs.

SELF-CARE RESOURCES

ONLINE HEALTH RECORD ACCESS ON *kp.org*

Kaiser Permanente members have secure, 24-hour access to portions of their health record online at *kp.org*.^{*} Your employees will enjoy increased access to their doctor and more tools to take an active role in their health. They can enjoy the time-saving convenience of these secure online features:

- E-mail their doctor's office
- View lab results
- Review past office visit information
- Request, cancel, and view appointments in real time
- Order prescription refills
- Access the health records of their children/dependents
- View current medications with the prescription number for faster online ordering
- View immunization history

Coming Soon

- View eligibility and benefits information
- View referrals
- E-mail Behavioral Health Specialist

The confidentiality of your employees' information will be fully protected by numerous safeguards. Once your employees join Kaiser Permanente, they simply need to go to *kp.org/register* to begin accessing these great features.

^{*}Available to members receiving care/filling prescriptions at Kaiser Permanente Medical Centers.

continues on back

HEALTHY SOLUTIONS

Now your employees can have their own health coach, at no cost by telephone, 24 hours a day, 7 days a week. Kaiser Permanente Healthy Solutions provides members with practical information, guidance, and support to make informed decisions about their health and is designed to enhance and strengthen their relationship with their practitioner. Call **1-800-574-8460** or visit kp.org/healthysolutions.

HEALTH OBSERVANCE CAMPAIGNS

Upon request, posters and healthy living resources can be provided. Topics include influenza, diabetes, skin cancer, and the Great American Smokeout.

WEIGHT WATCHERS®*

Weight Watchers is a multi-dimensional way to learn how to achieve and maintain a healthy body weight for the long-term. Weight Watchers and Kaiser Permanente have teamed up to provide three offerings: Community Meeting vouchers, At Home Kits, and online subscription for Kaiser Permanente members.

HEALTHY LIFESTYLES PROGRAMS**

Online programs that provide assessment, tailored feedback, tracking and goal setting, follow-up communication, and evaluation.

- Take a total health assessment with Succeed®
- Manage chronic conditions with Care® for your Health
- Lose weight with Balance®
- Eat healthfully with Nourish®
- Manage diabetes with Care® for Diabetes
- Quit smoking with Breathe®
- Reduce stress with Relax®
- Manage pain with Care® for Pain
- Manage depression with Overcoming® Depression
- Get a good night's sleep with Overcoming® Insomnia

HEALTHWISE® HANDBOOKS*

Self-care manuals mailed to every new subscriber (*Healthwise Handbook* for subscribers 64 and under, *Healthwise for Life* for subscribers 65 and older) or distributed via health care teams (*la salud en casa* for Spanish-speaking members).

10,000 STEPS® PROGRAM

Participants can increase their activity level toward a goal of walking 10,000 steps a day. As a Kaiser Permanente member, they'll get a discount on the program and pedometers. They can also use online tools to set goals, track steps, and monitor their progress. Registering is easy at kp.org/10000steps.

* Only available to Kaiser Permanente members.

** Program is available to non-Kaiser Permanente members based on employer request.

POPULATION-BASED CARE MANAGEMENT PROGRAMS

POPULATION-BASED CARE MANAGEMENT PROGRAMS

use your employees' chronic condition needs to develop customized programs to help improve their health status and reduce health care costs.

Requirements:

- Level of Kaiser Permanente interaction and involvement is based on group needs and goals.

CHRONIC CONDITIONS REPORT

- Customized report that evaluates the prevalence of chronic disease among your employees who are Kaiser Permanente members.
- Minimum employee population of 500 Kaiser Permanente members.

ENVIRONMENTAL ASSESSMENT

ENVIRONMENTAL ASSESSMENT includes an evaluation of your work environment to identify simple ways to make a more healthful workplace.

Requirements:

- Access to the vending machines, cafeteria, break rooms, etc.
- Distribution of promotional materials (e.g., posters) to provide information on healthful choices.

A health educator or registered dietitian will provide recommendations for vending machine selections, stair walking program, and posting posters/health information in employee lounges. Ideas for physical activity and suggestions for healthful meals will also be provided.