

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

Center for Healthy Living (formerly Health Education) …… 858-614-0532
Refer to monthly calendars for more information
Fall Prevention
Heart Health classes
Smoking Cessation Programs
Stress Management Programs
Women's Health classes
https://healthy.kaiserpermanente.org/southern-california/health-wellness

Choose Healthy: Support your health with complimentary care…… 877-335-2746
https://www.choosehealthy.com/public
Pamphlet: *Choose Healthy Pamphlet*

Healthy Balance: A Weight Management Program (free to KP members)
https://healthy.kaiserpermanente.org/

Healthy Living Store (San Diego Medical Center)……. 858-266-2210

Mammograms and Pap Smears..…….. 800-290-5000

Positive Choice Integrative Wellness Center …….. 858-616-5600
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
https://positivechoice.org

http://continuingcare-sandiego.kp.org

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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/free-resources/#pc_fitness_videos

Community Services

Travel Advisory Clinic …….. 619-528-3184

55 Alive (AARP driver refresher class).
www.aarp.org/home-garden/transportation/driver_safety

Aging & Independence Services …… 800-339-4661
AIS health promotion schedules for programs and classes ……. 858-495-5500
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)
My Fitness Pal (food and exercise diary)
www.myfitnesspal.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 Center ……858-576-2996
https://www.sdrc.org

Special Olympics San Diego County ……619-283-6100
https://sosc.org/healthy-athlete/resources/

Sports for Exceptional Athletes …….. 858-565-7432
https://s4ea.org

Therapeutic Recreation Services (TRS) Program ……619-525-8247
www.sandiego.gov/park-and-recreation/activities/trs

For corrections to this handout, please call (858) 614-0533