



# Hawaii Employer-Union Health Benefits Trust Fund Don't WEIGHT to Get in Shape 2023 Program Guide

Managing your weight well contributes to good health. While committing to a healthy lifestyle may seem overwhelming at first, a few small lifestyle changes may lead to healthier habits which can benefit you and your family.

If you want to lose or maintain your weight, Kaiser Permanente is here to help. We invite you to participate in our fun and engaging "Don't WEIGHT to Get in Shape" program to help manage your weight and maintain a healthy lifestyle.

Scan the code or visit our Don't Weight to get in Shape web page at [kp.org/eutf/getinshape](https://kp.org/eutf/getinshape) to start your journey to a healthier you!



[kp.org/eutf/getinshape](https://kp.org/eutf/getinshape)



KAISER PERMANENTE® **thrive**

## All State and County employees, retirees, and dependents ages 18 years and older are invited to participate in our 2023 Don't WEIGHT to get in Shape program at no additional cost.

Visit [kp.org/eutf/getinshape](https://kp.org/eutf/getinshape) and register for any of our fun and exciting challenges and webinars.



### Make health a family priority

As a parent or caregiver, keeping your family healthy may be a lot to handle. Many health conditions have a significant lifestyle component. While family members have similar genetics, they also often share strong environmental factors too, such as diet and exercise. In many cases, healthy habits can reduce your risk for diseases that run in your family. Here are 3 tips to help you and your family be healthy and happy.

#### 1. Get active

Make exercise a regular part of your life. Being active helps you stay healthy and control your weight. We recommend you:

- Participate in physical activities that you and your family enjoy and can do together.
- Talk to your doctor if you haven't been very active or have health concerns.
- Visit [kp.org/exercise](https://kp.org/exercise) for fitness programs to help you thrive.

[kp.org/eutf/getinshape](https://kp.org/eutf/getinshape)

#### 2. Eat healthy

Healthy eating is important at every age. The best way to encourage your family to eat healthy is to eat well yourself. Use these tips to eat healthier:

- Try to make at least half of your plate vegetables with a goal of a minimum of 5 servings of fruits and vegetables daily.
- For healthy snacking, choose whole foods, such as fresh fruits, whenever possible as many processed snack foods are some of the least nutritious choices.
- Visit [kp.org/nutrition](https://kp.org/nutrition) for more healthy nutrition tips.

#### 3. Be proactive with health care

Good health care begins with building a relationship with your personal physician.

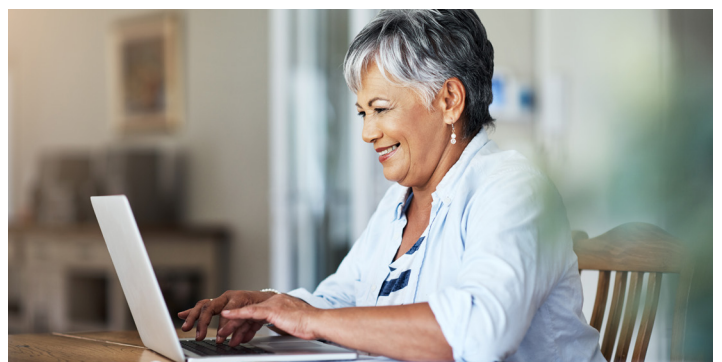
Seeing your primary care provider every year, even if you're not feeling bad, is important for health screenings and maintenance. An annual exam can help detect signs and symptoms of disease early, which allows for early intervention.

Save time and book your appointment online at [kp.org/appointments](https://kp.org/appointments). You can also visit [kp.org/getcare](https://kp.org/getcare) for other care options.

#### Establishing your baseline BMI and why it matters

Your Body Mass Index (BMI) can help you determine whether you're at a healthy or unhealthy weight. In general, the higher your BMI, the greater your risk of developing serious, weight-related health problems.

To calculate your BMI, visit [kp.org/bmi](https://kp.org/bmi).



## Join a wellness challenge

Be inspired! Our 4-week challenges provide a sense of adventure and motivation as you learn to practice healthy behaviors. Register for a wellness challenge at [kp.org/eutf/getinshape](https://kp.org/eutf/getinshape).

- **10K-a-Day:** This physical activity campaign begins on Monday, February 13, 2023, and challenges you to accumulate the equivalent of 10,000 steps each day. Use your favorite devices and mobile apps to record exercise minutes that convert to steps for your favorite activities, such as biking, swimming, tennis, and more.
- **Renew:** Looking for an opportunity to reinvigorate and refresh yourself? Renew offers strategies for all aspects of well-being – physical, mental, social, and emotional. Starting on Monday, August 14, 2023, we encourage you to complete activities each day that mean the most to you.

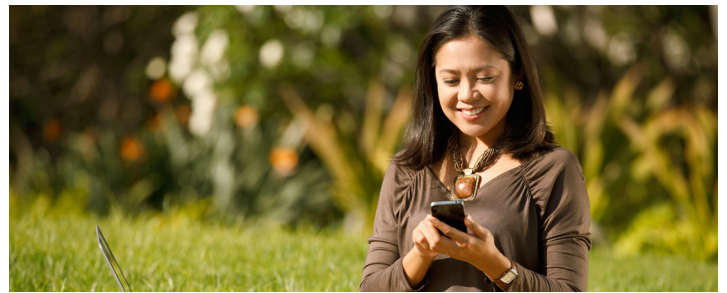
## Attend a live online webinar

Be informed! Open to all State and County employees and retirees, our webinars aim to provide information that informs and engages you to be your best.

- **Taking Care of Your Heart:** Learn about heart disease and identity risk factors.
  - **Thursday, February 16, 2023, 11:30 a.m.**
- **Intergenerational Caregiving:** Explore creative solutions to meet the caregiving needs of multiple generations.
  - **Tuesday, February 21, 2023, 1:30 p.m.**
- **Building Resiliency:** Explore ways to build skills to become more resilient.
  - **Thursday, May 18, 2023, 11:30 a.m.**
- **Find Your Joy:** Explore how practical strategies can nurture happiness and well-being.
  - **Tuesday, May 23, 2023, 1:30 p.m.**
- **Ready, Set, Goal - Healthy Habits:** Learn ways to create healthy habits that you can stick with.
  - **Thursday, August 17, 2023, 11:30 a.m.**

- **The Keys to Preventing Diabetes:** Discover 5 keys to preventing diabetes.
  - **Tuesday, August 22, 2023, 1:30 p.m.**
- **Family Health:** Find information to help keep every member of the family healthy.
  - **Thursday, September 14, 2023, 11:30 a.m.**
- **Building Fitness into Your Day:** Explore practical ways to integrate movement into the day.
  - **Thursday, November 16, 2023, 11:30 a.m.**
- **Viva Veggies - Plant Strong Eating:** Learn about plant-strong eating and how it can improve your health.
  - **Tuesday, November 21, 2023, 1:30 p.m.**

Register for an online webinar at [kp.org/eutf/getinshape](https://kp.org/eutf/getinshape).



## For Kaiser Permanente members: Health and wellness resources at your fingertips

Good health goes beyond the doctor's office. Explore wellness resources and tools and choose one that fits your life.

- Did you know you can manage your care online? Simply go to [kp.org](https://kp.org) to sign up and begin securely accessing many time-saving tools. You can schedule routine appointments, view most lab results, refill most prescriptions, and more.
- Do you need a little extra support? Talk to a Wellness Coach by Phone at no additional cost. Your coach will work with you to help you reach your health goals. Call a wellness coach at **808-432-2260**.



Kaiser Foundation Health Plan, Inc.  
711 Kapiolani Blvd.  
Honolulu, HI 96813



## Want to learn more about your plan coverage and benefits? Call our Member Services.

Monday through Friday, 7 a.m. to 7 p.m., and  
Saturday, 9 a.m. to 1 p.m. (closed holidays)

- **808-432-5250** (Oahu)
- **1-844-276-6628** (toll free from neighbor islands)
- **711** (TTY)

For more information about how you can participate in our Don't WEIGHT to Get in Shape program, call **808-271-8184**.



## A website just for you: [kp.org/eutf](https://kp.org/eutf)

At [kp.org/eutf](https://kp.org/eutf), you'll find your Kaiser Permanente 2023 health plan materials. You can also connect to our facility and physician directories and learn more about our services.

