



Hawaii Employer-Union Health Benefits Trust Fund Don't WEIGHT to Get in Shape 2024 Program Guide

Being active is one of the best things you can do for your health. And it's never too late to start. The more physical activity you can do, the better your overall health will be. 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** to start your journey to a healthier you!



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 2024 Don't WEIGHT to get in Shape program at no additional cost.

Visit kp.org/eutf/getinshape and register for any of our fun and exciting challenges and webinars.



Make healthy choices

Finding time to take care of yourself isn't easy. But practicing self-care – from how you sleep, eat, and exercise to how you manage stress – can help you feel healthier and more balanced. And feeling better makes everything else easier. Here are tips to help you be healthy and happy:

1. Get active

Including exercise as part of your daily regimen is vital in maintaining your health and well-being. No matter what your age or condition, there is a type of exercise that's right for you. 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 for fitness programs to help you thrive.

kp.org/eutf/getinshape

2. Eat healthy

Healthy eating is important at every age. Eating well can help with managing your weight, preventing health problems, and improving your well-being. Use these tips to eat healthier:

- Portion your meal by filling half of your plate with vegetables, a quarter of your plate with a healthy protein source and a quarter of your plate with healthy grains or starches.
- Get to know food labels. Reading the nutrition panel can help you choose foods and drinks to meet your nutrient needs.
- Visit 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.

Your doctor can work with you to create your personal action plan to protect your health and monitor your ongoing conditions. It's also important to stay current on preventive care visits, screenings, and immunizations.

Save time and book your appointment online at kp.org/appointments. You can also visit kp.org/getcare for other care options.

Am I at a healthy weight?

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.



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.

- **10K-A-Day:** This physical activity campaign begins on February 12, 2024, 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.
- **Go Gold:** Join our Olympics-themed challenge beginning on August 12, 2024, to experience 7 distinct eras of Olympic competition. But you're not limited to just walking – activities like swimming, cycling, and so much more are automatically converted to steps so everyone can be part of Go Gold.

Attend a live online webinar

Be informed! Our webinars aim to provide information that informs and engages you to be your best. Register for an online webinar at kp.org/eutf/getinshape.

- **Better Care, Better Health** (For Kaiser Permanente members): Explore convenient and flexible ways to access and navigate the care and services at Kaiser Permanente to prevent, detect, and treat illness more effectively.
 - **Thursday, January 18, 2024, 11:30 a.m.**
- **Taking Care of Your "SELF" – Sleep, Exercise, Love, and Food:** Self-care is essential to live a healthy life. Discover 4 ways to improve "SELF" care through Sleep, Exercise, Love, and Food.
 - **Thursday, February 22, 2024, 11:30 a.m.**
- **Finding the Best Pharmacy Fit for You** (For Kaiser Permanente members): Learn about your pharmacy options that make it easy and convenient to fill your prescriptions, lower costs, and improve health outcomes.
 - **Tuesday, April 16, 2024, 11:30 a.m.**

- **Strengthen and Stretch at Your Desk:** Explore exercises that can be done at a desk or workspace to stretch muscles and build strength. We'll also provide tips on reducing back pain by improving posture at work.
 - **Thursday, June 13, 2024, 11:30 a.m.**
- **Managing Your Weight:** Successful weight management is more than just cutting calories. Find out how setting realistic goals and practicing new skills help to manage weight successfully.
 - **Thursday, August 22, 2024, 11:30 a.m.**
- **Navigating Mental Health Services** (For Kaiser Permanente members): Get complete mental health and wellness support – all in one ecosystem that's designed to increase access and quality of care for our members.
 - **Thursday, October 24, 2024, 11:30 a.m.**
- **Emotional Well-Being:** Emotions affect how you see yourself and how you deal with stress. Learn to tune in to emotions and identify self-care practices for managing mood and stress in a positive way.
 - **Thursday, December 12, 2024, 11:30 a.m.**

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 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**.

