

Hawaii Employer- Union Health Benefits Trust Fund



2022 Don't WEIGHT to Get in Shape Program Guide

Your weight is more than a number on a scale – it's how you feel every day, inside and out. Adding on extra weight can drag down your mood, energy, and self-confidence. At the same time, it may raise your risk for many serious health conditions.

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.

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, City, and County employees, retirees, and dependents ages 18 years and older are invited to participate in our 2022 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.

Continue reading to see how to begin your journey to a healthier you!

Talk with your primary care doctor about your weight

Good health care begins with building a relationship with your personal physician. Your doctor can play an important role in your weight loss success. An annual visit with your doctor may also prevent future health issues and keep you up-to-date on your preventive screenings.

Save time and book online at kp.org/appointments.



Fitness tips to assist you on your weight loss journey

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

- Choose activities that you enjoy.
- Talk to your doctor if you haven't been very active or have health concerns.
- Visit kp.org/exercise for fitness programs.

Nutrition tips to eat well and stay healthy

Learn how to choose foods wisely for:

- Increased energy
- Improved mood
- Better weight control
- A strong line of defense against many diseases

Visit kp.org/nutrition for more healthy nutrition tips.

Eating disorders and COVID-19

The COVID-19 pandemic may have led to increased risk factors for mental health conditions such as eating disorders. Isolation, change in routine, and heightened anxiety may contribute to the formation of an eating disorder or an increase in the severity of existing ones.

Visit healthy.kaiserpermanente.org/health-wellness/mental-health/common-conditions for more information.



Establish your baseline BMI and why it matters

Your Body Mass Index (BMI) can help you determine whether you're at an unhealthy or healthy 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.

Participate in our 4-week wellness challenges

Be inspired to get on the path to a healthy weight through our wellness challenge campaigns. Our challenges provide a sense of adventure and motivation as you learn to practice healthy behaviors.

- **Feel Like a Million:** Are you looking to increase your energy and boost vitality? Feel Like a Million is a fun and exciting web-based board game to build stamina for your daily work tasks and favorite recreational pursuits. This challenge begins on January 31 and ends February 27, 2022.
- **Colorful Choices:** This program is designed to encourage you to eat healthier by challenging you to add more produce in your daily food selections. The Colorful Choices challenge begins on July 18 and ends on August 14, 2022.

Attend our fun and engaging webinars open to all State and County employees and retirees

- **Keys to Preventing Diabetes:** Learn about the 5 keys to preventing diabetes.
 - Thursday, February 17, 2022, at 11:30 a.m.
 - Tuesday, February 22, 2022, at 1:30 p.m.
- **The Science of Coronavirus/COVID-19:** Get recent updates about the COVID-19 pandemic.
 - Wednesday, April 6, 2022, at 11:30 a.m.
- **Managing Your Stress – Building Awareness and Resilience:** Identify stressors, and their effects on the mind and body.
 - Thursday, April 14, 2022, at 11:30 a.m.
 - Tuesday, April 19, 2022, at 1:30 p.m.
- **Watch Your Back:** Explore ways to protect your back.
 - Thursday, June 16, 2022, at 11:30 a.m.
 - Tuesday, June 21, 2022, at 1:30 p.m.
- **Skin Cancer and Heat Awareness:** Learn ways to avoid heat-related illnesses.
 - Thursday, August 18, 2022, at 11:30 a.m.
 - Tuesday, August 23, 2022, at 1:30 p.m.

- **Eat Well, Live Well: Eating Well for Your Heart:** Understand how food can affect your mind and body.
 - Thursday, October 20, 2022, at 11:30 a.m.
 - Tuesday, October 25, 2022, at 1:30 p.m.
- **Family Health:** Information to keep every member of the family healthy.
 - Thursday, December 8, 2022, at 11:30 a.m.
 - Tuesday, December 13, 2022, at 1:30 p.m.



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

Good health goes beyond the doctor's office. Explore some of the convenient Kaiser Permanente health and wellness resources and tools available to our members, and choose one that fits your life.

- If you've been delaying care or haven't connected with your doctor within the past year, visit kp.org/getcare and choose from the convenient ways to get care online, by phone, by video, on our mobile app, or in-person.
- **kp.org** is your online gateway to great health. When you register using your personal email address, you can securely access many time-saving tools to help you manage the care you get at our facilities. Visit **kp.org** to schedule routine appointments, view most lab results, refill most prescriptions, and more.
- If you need a little extra support, we offer Wellness Coaching by Phone at no additional cost. You'll work one-on-one with a personal wellness coach to make a plan to reach your health goals. Call a wellness coach today at **808-432-2260**.

Visit kp.org/eutf/getinshape to register for the wellness challenges and webinars.



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

At kp.org/eutf, you'll find your Kaiser Permanente 2022 health plan materials. You can also connect to our facility and physician directories and learn more about our services.