

# QUEST INTEGRATION

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## NEWSLETTER

### ***Don't get the flu. Get the flu shot!***

This fall/winter, you can get a flu shot at no cost.

Knowing the facts about the flu can save your life, or someone else's.

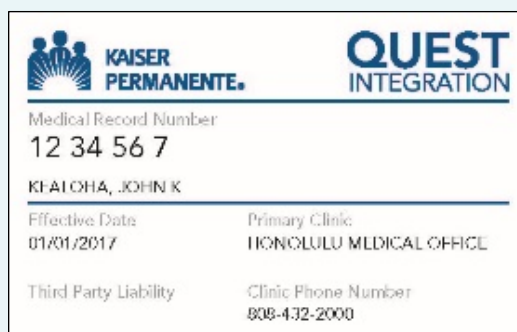
- The flu is a serious virus that can cause severe illness. Everyone is at risk, even very healthy people.
- The flu shot is your best protection against getting sick and spreading the illness to others.
- Everyone 6 months and older needs to get a flu shot every year.
- A flu shot will lessen the severity of symptoms if you do get sick.

To find out more about flu shot dates, times, and locations, visit [kp.org/flu](http://kp.org/flu).

### ***Kaiser Permanente member ID card update***

In October, Kaiser Permanente Hawaii began transitioning from embossed plastic member ID cards to laminate ID cards. Laminate ID cards are flat, compared to the embossed (raised) letters and numbers on the current ID cards.

In addition, new Kaiser Permanente QUEST Integration members will receive 1 Kaiser Permanente QUEST Integration ID card (instead of 2 KP ID cards). Here is an example of what the KP QUEST Integration ID card looks like:



Current members should continue to use their plastic ID cards.

**Sleep well**

Simple tips for restful nights

You're not yourself when you're tired. Sleepless nights can affect you mentally and physically. But even small changes to your habits can improve the quality of your sleep.

- **Make your bedroom sleep-friendly.**  
Don't keep anything in your bedroom that could distract you from sleep. You can't leave the day's stresses at the door if you're checking email, texting, or browsing online.
- **Create a bedtime routine.**  
Unwind with quiet activities like reading, meditating, or a hot bath. Going to bed at the same time every night can also help you settle into a healthy sleep rhythm.
- **Write at night.**  
Keep a pen and paper next to your bed. Putting your thoughts and feelings down on paper can help you process them so they don't keep you awake at night.
- **Improve your snooze with Dream.**  
Dream is an online wellness program designed to help you sleep better. You get a personalized plan based on your needs, plus tips and tools for tackling sleep troubles – so you can sleep better, wake up refreshed, and go back to being you. Get started at [kp.org/dream](http://kp.org/dream).

**Kaiser Permanente Medicaid Plan Rated Highest in Hawaii**

The National Committee for Quality Assurance (NCQA), a leading independent health care quality assurance organization, awarded Kaiser Permanente Hawaii's Medicaid plan a 4.5 rating, the highest score in Hawaii. The NCQA ratings are a five-point rating system based on patient experience, treatment outcomes and prevention efforts.

Complete results are available at [www.ncqa.org](http://www.ncqa.org).

**Fresh produce at our farmers markets**

Visit our Kaiser Permanente farmers markets to help your family live well, be well, and thrive.

**Oahu locations**

- Honolulu Medical Office  
1010 Pensacola St.  
Honolulu, HI 96814  
*Thursdays, 8 a.m. to 1:30 p.m., year-round*
- Moanalua Medical Center  
3288 Moanalua Rd.  
Honolulu, HI 96819  
*Wednesdays, 8 a.m. to 1:30 p.m., year-round*