

QUEST INTEGRATION

NEWSLETTER

Give Yourself a Boost with a Health and Wellness Class

Did you know that we offer a variety of health and wellness classes? Classes for exercise and fitness; pregnancy and childbirth; nutrition and weight management; health conditions such as diabetes, mental health, pain management, senior health, and more are offered. Visit kp.org/classes to browse our online directory, or download our latest class catalog at kpinhawaii.com/our-services. Please note that classes vary according to location. Some may require a fee.

Take Advantage of Our Healthy Lifestyle Programs

If you're thinking of making positive changes for your health, we can offer you helpful resources. Visit kp.org/healthylifestyles to find in-depth information on our programs so you can:

- Manage your weight
- Eat healthier
- Quit smoking
- Reduce stress
- Manage ongoing conditions (such as diabetes, insomnia, or depression)

Assess your health

If you're not sure where to start, try a Total Health Assessment on kp.org. This simple survey will give you a big-picture view of your health. You can even link the results to your online medical record to share them with your doctor.

To start your Total Health Assessment, visit kp.org/healthylifestyles and select "Take a Total Health Assessment" from the menu on the right.

Get Advice 24/7

24/7 care by phone

Connect with a licensed care provider day or night for advice, referrals, prescriptions, and more.

Call us 24/7 at:

- Oahu: 808-432-2000
- Maui: 808-243-6000
- Hawaii Island: 808-334-4400
- Kauai: 808-246-5600
- TTY: 711

Email

Message your doctor's office with nonurgent questions anytime — great for follow-up care after a routine appointment. You'll get a reply usually within 48 hours.

- To send an email to your doctor's office, log in to kp.org and visit the Message Center
- Not registered yet? Visit kp.org/registernow to get started.

Feeling Better? Don't Toss or Flush Your Unused or Expired Medicine

Ask your Kaiser Permanente pharmacist for a Seal & Send Mailer to dispose of unwanted medications at no cost. It's easy and costs nothing:

1. Keep your medication in its container. Cross out your personal information so it's not readable.
2. Put the container in the prepaid, preaddressed Seal & Send Mailer and seal it closed.
3. Drop it off at your nearest USPS mailbox or location to send it at no cost.

Moanalua Medical Center Receives Women's Choice Award for Obstetrics

Kaiser Permanente Moanalua Medical Center has been named one of America's Best Hospitals for Obstetrics by the Women's Choice Award®. This award is presented by WomenCertified Inc. Moanalua Medical Center scored in the top 17 percent of 2,720 U.S. hospitals offering obstetrics. Visit www.WomensChoiceAward.com to learn more.

Also, the Family Birth Center at Moanalua Medical Center coordinates labor and delivery care in a safe and comfortable setting. Patients are supported by a team made up of the patient's obstetrician-gynecologist, certified-nurse midwife, neonatologist and other care providers. Private delivery suites, mother-baby rooms, room service and labor aids, such as a birthing ball and hydrotherapy tub, help create a personalized experience for new mothers and their families. Visit kpfamilybirthcenter.org for more information.