

QUEST INTEGRATION NEWSLETTER

Getting advice, same-day care, and after-hours options

This summer, enjoy the outdoor fun without worrying about missing our hours!

For routine care, many don't know that we often have same-day appointments available. You can make your appointment in person or by phone.

If you have a medical concern when your clinic is closed, we have registered nurses available by phone to provide medical advice to you.

After our facilities close for the day, you can still get extended, non-emergency, non-routine care that can't wait until the next day.

How to schedule same-day or after-hours care appointments

Get medical advice 24/7 and connect with a licensed care provider day or night. Call us to learn what same-day or after-hours options are available to you:

- Oahu: 808-432-7700 (M-F 5pm - 10pm, Sat-Sun 8am - 10pm)
- Oahu: 808-432-2000 (24/7 advice line)
- Maui: 808-243-6000

For more information visit: kp.org/getcare



Air Quality - protecting your respiratory health

With Kilauea's recent eruption, we're seeing volcanic ash falling over parts of Hawaii. If you have asthma or chronic respiratory symptoms, please take the following steps:

- Monitor the Hawaii State Department of Health website for information on health effects of the vog: health.hawaii.gov
- Consider using an N95-rated respirator/mask. You may be able to get a respirator/mask at hardware stores. These respirator/masks are sometimes used by professional painters.
- If symptoms begin to flare up, stay indoors. Use an air conditioner if you have one. Consider using a HEPA (high-efficiency particulate air) filter.
- Make sure you have a supply of a rescue albuterol inhaler on hand.
- Continue any chronic asthma controller medications as normal.

If there is volcanic ash in your area, we recommend that you stay indoors with air conditioning and a HEPA filter, whenever possible. Call us 24/7 for medical advice:

- Oahu: 808-432-2000
- Maui: 808-243-6000

Online Resources for Pregnant Women

New moms at Kaiser Permanente Family Birth Center now have two resources they may access online:.



The KP Family Birth Center's website is mobile-friendly. You can:

- View virtual tours.
- Review step-by-step guides.
- Find important phone numbers.
- Find delivery day and visitation information for pregnant women and their families.

Visit the website at: kpfamilybirthcenter.org

Also available on the KP Family Birth Center website is our new downloadable booklet, "What to Expect When Having Your Baby with Kaiser Permanente." The booklet provides answers to frequently asked questions about the stages of pregnancy. Moms can map out their birth plan.

You can find the online booklet here:

<http://kpfamilybirthcenter.org/sites/kpfamilybirthcenter/files/inline-files/what-to-expect.PDF>

For questions about these resources, please contact emily.a.benton@kp.org.

Did you know that 116,310 babies were born at KP hospitals in 2017?

Parents put their trust in Kaiser Permanente caregivers during the most precious (and crucial) moments of their lives! More than 116,310 mothers gave birth at Kaiser Permanente facilities in 2017!

Meet one of those families - Lusi and Daniel Kauvaka, who have two sets of twins, which makes her a one-in-a-million mom. View their story: kpinhawaii.org/testimonials



Summer Healthy Recipes from KP!

Summer means heat! We have the perfect drink to cool you down! Our KP kale-ada recipe is a pineapple and kale inspired refreshing and healthy alternative. Enjoy this at breakfast or as a dessert. Cheers to summer!

KP Kale-ada:

- 1/2 cup coconut milk (or 1/2 cup water or 1 cup light coconut milk)
- 1 1/4 cup fresh pineapple, cubed
- 1 cups baby kale
- 2 ice cubes
- 1/2 frozen banana, sliced (optional)

Place all ingredients into a blender, and blend until smooth. Enjoy!

