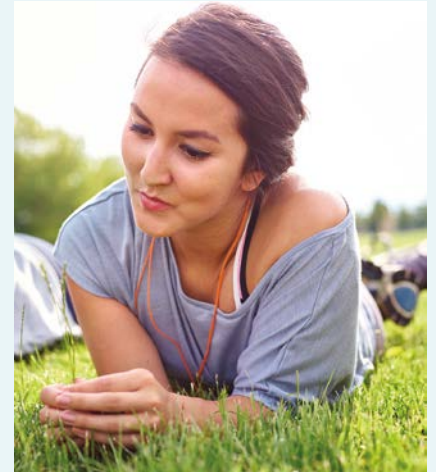


# QUEST INTEGRATION NEWSLETTER

## **Mental Health and Wellness Care**

Your mind and body are connected. And you deserve care that supports your total health – mind, body, and spirit. If you struggle with depression, anxiety, addiction, or other mental or emotional issues that interfere with your daily life, we're here to help.



Did you know that you don't need a referral for mental health services with Kaiser Permanente?

### **Help is available, and treatment helps.**

If you need support, you're not alone. Millions of people seek mental health services every year. We offer many options for members with mental, emotional, and addiction issues. We are your partners in health and we'll help you find what works for you.

### **Myths and Facts**

There are myths about mental health conditions that simply aren't true. Unfortunately, these harmful stereotypes stop many people from reaching out to get the help they need. By understanding the truth about mental health, you can spread the word to help raise awareness and fight stigma. Some myths about mental health conditions are:

- MYTH: People with mental health conditions never get better.
  - **FACT: Treatment works for more than 8 in 10 people who seek help for depression.**
- MYTH: People with mental health conditions are weak.
  - **FACT: Many factors impact mental health. Biology, the environment, and challenging things that happen in your life may affect your mental health. Anyone can have a mental health condition. It isn't anyone's fault.**
- MYTH: If I get treatment, I'll have to take medication.
  - **FACT: There are many kinds of treatment. Medication is just one of them. There are many options for help from therapy, to self-care resources. Medication isn't always automatically recommended.**

For more information, please visit: [kp.org/mentalhealth](http://kp.org/mentalhealth)

To speak to someone about mental health care options, please call:

- Oahu and neighbor islands: **808-432-7600** TTY: **711**
- For after-hours care, call the Crisis Line of Hawaii at **808-832-3100** (Oahu) or **1-800-753-6879**.

### Do You Want to Quit Smoking?

Do you want to quit smoking? Kaiser QUEST Integration will pay for up to 2 rounds of 4 counseling sessions a year to help you quit. Kaiser will also pay for nicotine gum, patches, inhalers, and medicines that help you stop smoking.

For more information on your Kaiser benefit call toll-free 1-800-772-6841.

If you're ready to quit, the Hawai'i Tobacco Quitline offers free phone and online counseling. They also provide a free 4-week supply of nicotine patches, gum, or lozenges to help you quit.

Call **1-800-QUIT-NOW (784-8669)** or visit [hawaiiquitline.org](http://hawaiiquitline.org) for more information.

### Got Your Flu Shot Yet?

The flu can lead to serious illness. Getting a flu shot is the best way to protect yourself and those around you. And a flu shot will lessen the severity of symptoms if you do get the flu. Flu shots are available at **no cost to our members**.

If you haven't gotten your flu shot yet, it's not too late! **Walk-in flu shot clinics are open. No appointment necessary.** Please bring your membership card and a photo I.D.

For more information and for clinic flu shot locations, please visit:

[healthy.kaiserpermanente.org/hawaii/health-wellness/flu](http://healthy.kaiserpermanente.org/hawaii/health-wellness/flu)

### Coming in 2021 - West Oahu Medical Office



We are pleased to announce that we're investing in expanding care options for residents of West Oahu with the development of a \$60 million medical office in Kapolei.

The planned 40,000-square-foot medical office will include primary and specialty care, and prevention and wellness programs. It is projected for completion in 2021. The West Oahu Medical Office will be located at the corner of Kapolei Parkway and Kamokila Boulevard.

Members will have access to:

- Family, Adult and Keiki Care
- Obstetrics-Gynecology (women's health services and maternal health)
- General Radiology and Mammography
- Prevention & Wellness Programs
- Laboratory
- Pharmacy

We will keep the Oahu community informed about construction updates and employment opportunities in the coming months. Updates regarding community partnership and education initiatives for this exciting project will also be provided.