

QUEST INTEGRATION NEWSLETTER

Birth Control and Family Planning Options

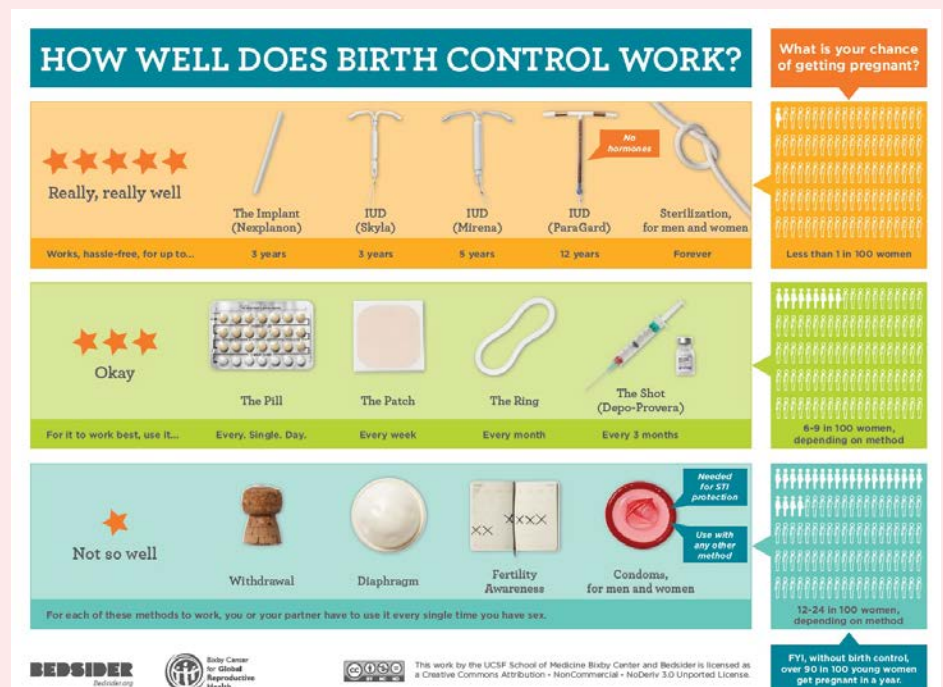
It is our intention that every member is treated with respect for their personal preferences. We are committed to providing you with a satisfying experience. We will make every effort to meet your health needs. We are here to discuss any questions or concerns you may have. Family planning services are available at no cost with many different devices to choose.

Our services include:

- Contraceptive Services
- Pregnancy testing and counseling
- Pregnancy-achieving services including preconception health services
- Basic infertility services
- Young Adult Counseling
- Pregnancy options
- Obstetrics and Gynecology Services
- Breast and pelvic examinations
- Breast and cervical cancer screening
- Sexually transmitted infection and human immunodeficiency virus (HIV) prevention education, counseling, testing and referral
- Reproductive health services, patient education and counseling

Obstetrical Clinics and Doctors are available in: Honolulu, Koolau, Waipio, Maui Lani. Most Locations are open Monday to Friday 8:30 am to 5 p.m.

Nurse practitioners and midwives also provide pregnancy care in partnership with your doctor. Nutritionists, social workers and other specialists may also play a part in your care. For detailed information, go to kp.org.





Provide a Healthy Lifestyle for Children

Stay up to date with routine checkups. Contact your health care provider about your child's growth, development, nutrition, immunizations, screening tests, and more.

Don't Wait, Vaccinate!

Keep our keiki safe. Immunizations (vaccinations) have been proven to be a safe and effective way of preventing life-threatening disease. Even if you have a mild illness you can still get your vaccine.



Healthy Life:

- Eat at least 5 fruits and vegetables a day
- Limit screen time (TV, computer, mobile) to 2 hours a day for those 2yrs and older
- Promote reading as early as possible
- Play more – at least 1 hour a day!
- Drink well and avoid sugary drinks.

Be the Next Success Story

Give yourself the winning edge with our free healthy lifestyle programs for Kaiser Permanente members 18 years and older. These personalized online programs can help you create an action plan to reach your health goals. Get the advice, encouragement, and tools you need to make healthy changes. Learn more at kp.org/healthylifestyle



Lifestyle Coaching

Get the motivation and guidance you need to take an active role in your family's health. Call **808-432-2260** to schedule a telephone appointment that works for you.

Attend a Healthy Family Nutrition Fair

The **Healthy Kids, Healthy Families Class** offers activities for kids and teens. Help your family get the tools they need to improve eating and exercise habits, no cost to attend (90-minute session).

Healthy Kids, Healthy Families class:

- Oahu.....**808-432-2000**
- Maui.....**808-243-6000**
- Oahu, Maui - Health Education....**808-432-2260**

| More resources: | |
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| kp.org/nutrition | kp.org/recipes |
| kp.org/prevention | kp.org/weight |
| kp.org/children | kp.org/healthylifestyle |
| kp.org/classes | kp.org/fitness |