

# QUEST INTEGRATION NEWSLETTER



Hawaii's hurricane and tropical storm season has begun. It will continue through November. Take steps now to protect yourself and loved ones.

### *Hurricane Preparation Tips*

**1. Make a plan**

Create an emergency plan. Practice evacuation procedures with your family and friends.

**2. Sign up for Emergency Notifications**

Oahu: <http://hnl.info>

Maui: <http://www.mauicounty.gov> (Makaala Alerts)

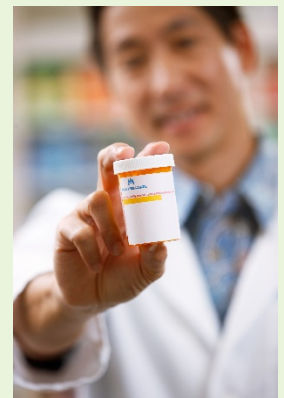
**3. Gather Emergency Supplies**

Store essential items together for a complete emergency kit:

- 14 days of food, water, and medications
- Battery or solar-powered radio, flashlights, and extra batteries
- Important documents and extra cash in a sealed bag (accounts information, insurance cards, titles/deeds, etc.)
- Whistle, matches, blankets, plastic bags, and tarps
- Personal hygiene items
- First aid kit

**4. Refill your prescriptions**

Kaiser Permanente members can refill most medications 24 hours a day, 7 days a week by phone at **808-643-7979 (TTY 711)**, online at [kp.org/pharmacycenter](http://kp.org/pharmacycenter), or through the KP mobile app. Controlled substances are still subject to approval by your physician and pharmacist.



For more information about county-specific preparedness tips and measures, please visit <http://dod.hawaii.gov/hiema/get-ready> from the Hawaii Emergency Management Agency.



**Love the Sun Safely**

Sun exposure is the leading cause of skin cancer. It is also to blame for up to 90% of the visible signs of aging.\* But you don't have to shun the sun completely. Just be smart about the time you spend outside on sunny days.

**Block it out**

Wear sunblock with SPF 30 or higher every day. Apply sunblock to areas of your body not covered by clothes. And remember: If you can see light through your shirt, UV rays can get through, too.

**Don't let the forecast fool you**

You don't have to be at the beach to burn. Summer is not the only time when sun safety matters. Sun damage adds up day after day even when it's cloudy. Make sun protection part of your everyday routine.

**Check your shadow**

Not sure if it's a good time to hang outside? Use the shadow rule. If your shadow is shorter than you are, the sun's harmful rays are at their strongest and it's time to head for the shade.

Ready to enjoy the sun safely? Visit [kp.org/sunscreen](http://kp.org/sunscreen).

\*Skin Cancer Foundation

**Using Kaiser Permanente For Your Care**

It is important to remember that Kaiser Permanente is responsible to provide and arrange your care. If you need a service that we can't provide, your Kaiser Permanente doctor may refer you to another doctor or hospital. Kaiser Permanente will only pay for services we approved according to your QUEST Integration plan benefits, unless it was an emergency or for family planning services. If you go to doctors outside of Kaiser Permanente for other reasons without approval, you will have to pay them for your care.



For more information about your coverage and benefits, please see your Member Handbook or call us at **808-432-5330** or toll free at **1-800-651-2237**. We're available from 7:45 a.m. to 4:30 p.m., Monday through Friday, except state holidays.

**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. For more information regarding the classes, please call Kaiser Permanente's Prevention and Health Education Department at **808-432-2260** during weekdays from 8:30 a.m. to 4:30 p.m.