

QUEST INTEGRATION

NEWSLETTER

Learn to Prevent Falls

Falls are the most common type of fatal unintentional injury in the state, averaging over 108 each year according to the Hawaii State Department of Health. Falls are also the leading cause of nonfatal injuries in the state with nearly 21,000 emergency room visits and 2,700 hospitalizations each year. More than three quarters of victims are aged 65 and older.



Do you ever feel faint or lose your balance? Do your legs ever feel unsteady or like they will give way? Would you feel safer using a walker or a cane? If you answered yes to any of these questions, please talk to your doctor.

Take the steps needed to prevent accidental falls

1. Keep your surroundings safe:

- Remove rugs and clutter.
- Repair loose carpets and level uneven floors.
- Wipe up spills right away. Use nonskid floor wax to avoid slipping.
- Don't wear socks without shoes or without putting gripper pads on wood floors.
- Wear properly fitted shoes with good supports.
- Keep a cordless phone and a flashlight by your bed.
- Always carry a cellphone or wear an emergency alert system. You can activate in case you've fallen and need help.

2. Review your medications, including over-the-counter supplements, with your doctor or pharmacist. Some medicines for pain, sleep, allergies, cough/cold, and other conditions can cause drowsiness and/or affect balance.

3. Schedule regular eye and hearing exams. Changes to vision and hearing can make you less stable and put you at greater risk for falls.

4. Exercise regularly to improve strength, flexibility, and balance.

For more tips, visit [kp.org/fallprevention](https://www.kp.org/fallprevention).

Getting Advice, Same-day Care, and After-hours Options

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 5 p.m. – 10 p.m., Sat-Sun 8 a.m. – 10 p.m.)
- Oahu: **808-432-2000** (24/7 advice line)
- Maui: **808-243-6000**

For more information visit: kp.org/getcare

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 kp.org/flu.

Kaiser Permanente Medicaid Plan Rated Highest in Hawaii

The National Committee for Quality Assurance (NCQA), a leading independent health care quality assurance organization, awarded Kaiser Permanente Hawaii's Medicaid plan a 4.5 rating, the highest score in Hawaii. The NCQA ratings are a five-point rating system based on patient experience, treatment outcomes and prevention efforts. Complete results are available at www.ncqa.org.

Fresh Produce at Our Farmers Markets

At Kaiser Permanente, we believe that healthy communities make for healthy people. Freshen up your meals with locally grown produce and benefit from other healthy products that can help your family live well and thrive.



- Honolulu Medical Office
1010 Pensacola St., Honolulu, HI 96814
Thursdays, 8 a.m. to 1:30 p.m., year-round
- Moanalua Medical Center
3288 Moanalua Rd., Honolulu, HI 96819
Mondays and Wednesdays, 8 a.m. to 1:30 p.m., year-round
- Waipio Medical Office
94-1480 Moaniani St., Waipahu, HI 96797
Thursdays, 8 a.m. to 1:30 p.m.

For more information, call **808-432-2260**.