



HMSA

health education workshops



An Independent Licensee of the Blue Cross and Blue Shield Association



Our health education workshops are live Webex or in-person workshops that teach members about nutrition, stress management, and other aspects of health and well-being. These 45-minute workshops are available to employers through their HMSA plan.

How it works

- Email workshopsurvey@hmsa.com to schedule a workshop with our team. Designate a workshop coordinator from your department.
- For webinars, we'll send the coordinator a Webex registration link and promotional flyer with instructions on how to register and join the workshop.
- The 45-minute workshop includes a presentation and a Q&A session.
- A link to a short voluntary survey will be provided for participants to complete after each workshop.

Minimum participation required for both online and in-person workshops. All workshops are based on availability.

Workshops

BONE-ified Talk: A Workshop on Osteoporosis

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue. Frail bones can break more easily and the results can range from discomfort to disability. This workshop will provide you with a better understanding of your bones and how to keep them strong and prevent fractures.

Consumer Alert!

We all need calories and nutrients for energy and to keep our bodies functioning at their best. But our food and drink choices are not often the healthiest. We tend to let aromas, taste, cost, and presentation overwhelm us. In this workshop, we'll review factors that influence our food choices and learn ways to eat and drink mindfully.

Crimes Against Spines

Many of us ignore our neck and back. Improper lifting, poor posture, weight gain, and lack of exercise can contribute to an unhealthy spine. Learn about these areas of neglect and what you can do to help prevent pain and injury.

Digital Access to Your Care Online only

With your smartphone or computer, we'll walk you through HMSA's digital tools for members, including HMSA's Online Care®, Find a Doctor search engine, the Check Drug Cost tool (if applicable), and more.



FIT: To Be Tried

Exercise and physical activity are important for a healthy lifestyle, yet many of us don't reach minimum requirements outlined in national guidelines. In this session, we'll review how to structure workouts that factor in frequency, intensity, and time, or FIT. We'll also show you how cardio, strength training, and stretching can be incorporated into your daily routine.

Hearty Advice

Heart disease is the leading cause of death in the U.S. Hypertension and high cholesterol can increase your risk of heart disease. Learn how physical activity, smart nutritional choices, and making time for relaxation can lower your risk. You'll also learn how your cardiovascular system works and get strategies for living longer and better.



Holiday Hurdles In person only

Overindulgence is a way of life during the holiday season. The ubiquitous heavy meals, alcohol, and sweets can test anyone's willpower. Let's explore strategies to enjoy responsibly. (Offered only in November/December)

Hypertension Explained

What's hypertension? We'll discuss what your blood pressure numbers mean and the health concerns you may have if they're high. We'll also talk about how you can prevent and control high blood pressure.

Just the Facts

Many of us eat a diet high in processed foods. These canned, frozen, bottled, or boxed products tend to be high in sodium, fat, added sugar, and calories. Knowing how to read, understand, and compare nutrition facts labels for these foods and beverages is essential to making healthier choices.

Make a Muscle

Did you know that you have more than 600 skeletal muscles in your body? If you don't use them, you could lose them. Apathy leads to atrophy. Learn how your muscles work, how to build or maintain muscle strength, and about the importance of recovery after exercise.



Preventive Care: An Introduction to Health Screenings and Proper Self-care Practices

Ever heard the expression "an ounce of prevention is worth a pound of cure" and wonder if it's true? It is! In this session, we'll review the benefits of getting screenings before you have symptoms. Topics include screenings specific to women and men and screenings for diseases that affect us all. We'll discuss how certain behaviors help keep us healthy, both on paper and in the way we feel.

Rest Easy?

Many of us are so busy during the day that we've forgotten how to relax. Our minds are usually racing full speed ahead. This can result in high stress levels and can impair our ability to get a full night's rest. Without proper rest and sleep, our health can deteriorate. Join us to find calm in the chaos.



Stress Bucket

We all have a limited amount of stress we can hold before overflow occurs. The pandemic and other recent events have added new stressors and challenges. Knowing how to manage and drain this stress is crucial in

preventing high blood pressure, anxiety, depression, and other health conditions. Join us to learn simple, enjoyable ways to lower the volume of stress in your bucket.

Takeout Tips

We don't always have the time to prepare meals at home. Unfortunately, many of the fast foods that we turn to for convenience are unhealthy for us. In this session, we'll explore strategies to use when ordering takeout. With the right amount of knowledge and determination, we can make healthier food choices.



Under the Sun

The outdoors provide boundless opportunities for carefree fun in the sun. But danger could be lurking if you're not careful. Get sun and water safety tips to protect yourself and your family during outdoor activities. You'll also learn how to prevent skin cancer, heat illnesses, and more.

Why Weight?

Managing your weight can be challenging, but in this workshop, you'll discover the fundamental tools for lifelong success. From understanding why weight management needs to be a priority to creating a support network, learn the keys of readiness, goal setting, nutrition, and exercise to create a sustainable plan.

Workstation Wellness:

Work from Home Edition

Online only

Are you working from home? While the lack of a commute to and from the office may be a relief, spending hours at a makeshift workstation might be wearing you down. If certain precautions aren't taken, you could increase your risk of repetitive motion disorders, poor posture, eyestrain, and perhaps – most dangerous – a sedentary lifestyle. Learn how to stay healthy while working from home.

808 Trail-Ready: Hiking Safely in Hawaii

Hiking is a great way to get exercise, destress, and enjoy Hawaii's natural beauty. But it can also be dangerous if you don't take proper precautions. Learn how to prepare for your hiking adventures. Get tips on what to wear, what gear to pack, which trails to explore safely, and how to prevent accidents.



FAQS

When can I schedule online or in-person workshops?

Workshops can be scheduled Monday through Friday, between 8 a.m. and 4 p.m., based on the instructor's availability. However, we may be able to accommodate different work shifts. Please contact us with your request.

How do I schedule an online or in-person workshop?

Email workshopsurvey@hmsa.com and include:

- Your department name and the workshop coordinator's name, email, and phone number.
- Workshop(s) you'd like to offer to your employees.
- Preferred date(s) and time(s) for each workshop.
- For an in-person workshop, please provide the location including conference room and logistics. We recommend a monitor/TV with HDMI connection.
- Estimated number of participants.

A registration link will be sent to the workshop coordinator to share with their employees.

Are online or in-person workshops open to all employees regardless of health plan affiliation?

Yes. Keep in mind that HMSA health plan benefits, tools, and resources may be referenced in these workshops. For example, Digital Access to Your Care is specific to HMSA's programs and resources.

How many participants do we need?

We recommend a minimum of 10 participants for online workshops and a minimum of 20 for in-person workshops on Oahu. Please ask about on Neighbor Island travel and participation requirements. If registrations are very low, we may need to cancel or reschedule the workshop. We encourage employers to promote workshops to employees at least two weeks in advance to maximize participation.

Can more than one department or agency collaborate to offer the same online workshop?

Yes, the registration link can be sent to both coordinators for distribution.

Is online workshop participation tracked?

The department name and number of attendees in the workshop will be tracked for aggregate reporting.

What are the system requirements for Webex meetings?

For system requirements, visit help.webex.com/en-us/nki3xrq/Webex-Meetings-Suite-System-Requirements.

How do I get additional help with the Webex platform?

Visit the Webex help center at help.webex.com/en-us/ld-nyw95a4-CiscoWebexMeetings/Webex-Meetings#Get-Started. We recommend that you check with your IT team to confirm that Webex is an approved platform that will get through your organization's firewall. We also recommend that you test the system before scheduling workshops.

How can I test Webex to see if it works on my PC?

To test a Webex meeting, visit help.webex.com/en-us/nti2f6w/Webex-Meetings-Join-a-Test-Meeting.

For more ways to improve your health and well-being, visit hmsa.com/well-being.

