HMSA online health education workshops
Our online health education workshops are live Webex classes 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.

- Email workshopsurvey@hmsa.com to schedule a workshop with our team. Designate a workshop coordinator from your department.
- We’ll send the coordinator a Webex invitation with instructions on joining the workshop. The coordinator can forward the invitation to employees with a personal note and invitation to attend.
- 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.

Online workshops

**Crimes Against Spines**
Many of us ignore our neck and back. Improper lifting, poor posture, weight gain, and lack of an exercise routine 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**
With your smartphone or computer, we’ll walk you through HMSA’s digital tools for members including HMSA’s Online Care®, the Find a Doctor tool, the Check Drug Cost tool (if applicable), and more.

**Eating on the Run**
You may be aware that fast food tends to be high in salt, calories, and added sugars. But you may also be craving some comfort food. In this session, we’ll discuss how to find a balance between eating healthy and eating happy.

**Hearty Advice**
Heart disease is the leading cause of death in the United States. Conditions such as hypertension and high cholesterol can increase your risk of heart disease. Join us to learn how physical activity, smart nutritional choices, and time for relaxation can lower your risk. You’ll also learn how your cardiovascular system works and get strategies for living longer and better.

**HOME Body**
Is your home your office? Maybe you’re staying home to do your part to socially distance. Either way, your new routine might result in less physical activity and exercise, which puts you at increased risk of chronic illness and musculoskeletal issues. In this workshop, we’ll review the benefits of basic cardiovascular exercises, strength training, stretching, and mobility drills that can be done in the comfort and safety of your home.

**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 high blood pressure or better control it.

Amwell® is an independent company providing hosting and software services for HMSA’s Online Care platform on behalf of HMSA.
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 keep us healthy, both on paper and in the way we feel.

Season’s Eatings
The holidays are full of opportunities to indulge. But keeping up with a healthy diet doesn’t have to end when the holidays begin. We’ll discuss strategies to help you maintain your health (and weight) while enjoying the festive season. Learn how container size, design, and proximity can influence eating habits. This workshop is offered only in November and December.

Stress Bucket
Each of us has a limited amount of stress we can hold before overflow occurs. Plus, there are stressors and challenges caused by the COVID-19 pandemic. 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 and enjoyable ways to lower the volume of stress in your bucket.

Supermarketing!
Do you buy processed foods at the grocery store? These canned, frozen, or bottled products tend to be high in sodium, fat, sugar, and calories. It’s important to read, understand, and compare the nutrition facts on these foods and beverages so you can make healthier choices.

Sweet Dreams: The Benefits of Sleep
Do you struggle to fall and stay asleep? Do you wake up feeling like you’ve hardly slept at all? Sleep deprivation has been linked to weight gain and other health problems. Find out how much sleep you need, why you need it, and how to get more (and better) sleep.

Under the Sun
The outdoors provide boundless opportunities for care-free fun in the sun. But danger could be lurking if you’re not careful. Get sun and water safety tips to protect you 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
Are you working from home? While the commute may be more pleasant, spending hours at a makeshift workstation and disrupting your routine might be wearing you down. If certain precautions aren’t taken, you could increase your risk of repetitive motion disorders, poor posture, eye-strain, 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.

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

When can I schedule online workshops?
Workshops can be scheduled between 8 a.m. to 4 p.m., Monday through Friday, 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 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.
• Estimated number of participants.
A registration link will be sent to the workshop coordinator to share with their employees.

Are online 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. If participations are very low, we may need to cancel or reschedule the workshop.

Can more than one department or agency collaborate to offer the same workshop?
Yes, the Outlook invitation can be sent to both coordinators for distribution.

Is online workshop participation tracked?
The department name and number of participants 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. Systems testing is also recommended 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.