

WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

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LIVING WITH CHRONIC DISEASE—USING YOUR PLAN BENEFITS



I had no idea support services were included in my medical plan. I **struggle with managing my health!** I'm going to call to find out how these benefits can help me.

HMSA Members *Get the support you need*

According to the Centers for Disease Control and Prevention, heart disease, cancer, and diabetes are the leading causes of death and disability in the U.S. But these chronic conditions are largely preventable by practicing healthy behaviors such as quitting tobacco, eating healthy, getting regular physical activity, limiting alcohol, completing annual screenings, and getting enough sleep. And we understand that it's easier said than done.

With HMSA's Health and Well-being Support, you don't have to do it alone. HMSA no-cost well-being resources offer support, information, and guidance to help you manage your condition. Members with asthma, COPD, diabetes, or hypertension will find a wealth of information and support to handle these issues, including help making important lifestyle changes so you can be as healthy as possible.

In addition, everyone can take advantage of preventive care services such as annual doctor visits, screenings, and health education workshops. Diabetes prevention programs are also available to help members reduce their risk of type 2 diabetes.

Call 1 (855) 329-5461, option 1 to discuss a program just right for you. If you have not yet discovered the well-being support page take 5 minutes to explore it at hmsa.well-being.support resources designed to help manage asthma, diabetes, hypertension and COPD.

Kaiser Permanente Members *Take steps to a healthier life*

It's normal to experience a range of emotions after being diagnosed with a chronic illness. If you have diabetes, heart disease, or blood pressure or cholesterol problems, making healthy lifestyle changes can help.

Think about things such as stress, and temptations that might get in the way, and figure out how you can avoid or overcome them. Start with steps that you can take right away.

Changing your diet, getting more exercise, and getting rid of harmful habits can reduce your risk of heart attack, stroke, and other serious health problems. Even small changes can help.

Work with your doctor to create a personalized care plan to deal with your health problem. Be sure to make and go to all appointments and call your doctor if you are having problems.

Call a wellness coach. Telephonic coaches can help with staying on track with your plan. This is a no-cost service for Kaiser Permanente members.



Add a valuable member to your team call (808) 432-2260.

Find useful resources at healthy.kaiserpermanente.org/hawaii/health-wellness.

Visit the EUTF [Condition Control](#) virtual wellness fair page for more disease management resources.

Hawaii Employer Union Health Benefits Trust Fund
Contact us at eutfwellness@hawaii.gov