



# Better Health Better Life

Q3 2022  
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## VAL'S MESSAGE



**Valerie Davison**  
Workplace Wellness Manager

## Pick the Joy Choice

I am recovering well from a recent back surgery and look forward to being more active again.

When I shared this with a friend and colleague, her genuine and caring response sparked a reminder for me that it's okay to focus on my self-care, to give myself permission to heal, and to ask for grace.

Sure, practicing self-care is a win-win and allows you to be a better partner, parent, friend, and colleague. But in our oftentimes unpredictable and busy lives, how can we better take care of ourselves? The POP! concept is based on research from one of my summer reads, ***The Joy Choice: How to Finally Achieve Lasting Changes in Eating and Exercise*** by Dr. Michelle Segar, best-selling author of *No Sweat* and sustainable behavior change scientist.

### [How to POP! Your Way to Self-Care](#)

#### Pause

#### Open up your options

#### Pick the Joy Choice

While there are many forms of self-care (physical, mental, emotional, spiritual, social, financial), here's how you can use the POP! concept to rethink, reframe and reimagine what matters most for you that day.

- **Pause** – take the time to check in with yourself. Stay clear of a rigid mindset. *“I have to deal with work right now.”*
- **Open** up the possibilities to consider what else can you do for yourself. *“I can take a much-needed break or ask my co-worker to help.”*
- **Pick the Joy Choice**– pick an option that works best now. *“I will feel refreshed and do a better job at work after a 10-minute walk outside.”*

Start prioritizing yourself and achieve lasting changes in self-care behaviors including eating and exercise by making strategic trade-offs and compromises in your life today.

[Learn more from Dr. Segar by watching our short video.](#)

## Member Education Series with Dr. Michelle Segar



### The Joy Choice: How to Finally Achieve Lasting Changes in Eating and Exercise



Featuring: **Michelle Segar, PhD, MPH, MS**  
Sustainable Behavior Change Researcher  
University of Michigan

UHA Health Insurance is excited to introduce our **Member Education Series!** In this series, we'll bring health and well-being experts from near and far to discuss their research and how you and your team can achieve better health. We hope you'll feel inspired to share this resource and reach your own health and well-being goals through education and awareness.

In this episode, sustainable behavior researcher, Dr. Michelle Segar presents her new book, *The Joy Choice: How to Finally Achieve Lasting Changes in Eating and Exercise*. Dr. Segar discusses her behavioral research on how to break through the all-or-nothing mentality on exercise and how to sustain this change by shifting your perspective.

[Watch the entire video](#)

If you would like to receive a copy of *The Joy Choice*, please fill out [this online form](#).

*Supplies are limited.*

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**Meet the Work Well Team:  
Roland Manangan**



Meet Workplace Wellness Advisor, **Roland Manangan**. Roland earned his Bachelor of Arts in business administration from Western Washington University. He relocated to Honolulu from Washington shortly after joining UHA Health Insurance in 2019.

As a member of UHA's Work Well<sup>SM</sup> team, he advocates, educates and consults with Hawaii organizations and community partners on how to bring sustainable wellness solutions to their workplaces. His areas of expertise include personal financial wellness, member health and well-being programs and strength and mobility.

Roland is passionate about nutrition, fitness, and education. His goal is to guide clients to become the best versions of themselves.

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## **Elite Challenge follow up**



During Elite Parking's bi-annual community challenge, 46 companies were invited to participate in an eight-week workplace wellness challenge. ***The long-awaited results are finally in!***

**Team UHA** won first place for non-Elite Parking teams and donated their \$1,000 winnings to the Hawaii Special Olympics team. Great job to our UHA teammates, Deb, Lisa, Roland, Mike and Kelii!

**Let's hear what they had to say about the challenge**



“It was fun participating in the challenge because we were representing UHA in the community doing something healthy and fun. Our team was very encouraging and connected throughout the entire eight-week challenge.”

– Mike

“I was most inspired by the competitive camaraderie created within teams and with other companies. To YOGA stretch across Restaurant Row with Josh Green and his





family on my left and the Special Olympics kids on my right was very exciting and FUN! We learned how to make our own POKE, group climb Diamond Head, Makapuu Lighthouse and Koko Head Stairs and discovered that Elite Parking valet attendants walked 20,000 to 30,000 Steps a day. However, the most rewarding moments were meeting the 46 companies who all had the same commitment – better health, better nutrition and attempt to

beat the 1<sup>st</sup> Place TEAM, Elite Parking’s TROJEN MEN who accumulated at least 50,000 steps a day!”

– Deb



“I felt energized and excited to participate in a community-based team challenge with my co-workers. The weekly bonus challenges included a community clean up, scavenger hunt, virtual dance party and a few hikes. It kept everyone engaged throughout the challenge. The most memorable part was hearing all the inspiring stories at the awards celebration.

– Kelii

“I was motivated to complete the challenge. Donating to the Special Olympics it definitely gave me purpose beyond just winning.”

– Roland

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**UHA's Wellness Leaders Roundtable feature**

**Meet Mark!**



Wellness leader **Mark Nishiyama** stays fit and connected through his senior sports league!

### Fun Facts about Mark

# of Years as a Wellness Leader: 7

Favorite way to stay well: Pickle ball

*Photo by TakoEye Sports Photography*

**Mark Nishiyama** was the co-founder of Kama'aina Kids as well as a founding member of UHA's corporate advisory group, the Wellness Leaders

Roundtable. Now retired, Mark has shifted his primary focus to advancing the well-being of kupuna in our community. He hopes he can inspire them with a sense of purposefulness, significance and connectivity.

## PAST EVENTS

### UHA's Work Well Summit — Belong: Creating a Supportive Culture Recap

On September 15<sup>th</sup>, UHA held the Work Well Summit at the Prince Waikiki. UHA's Work Well Summit featured a panel discussion with these local business leaders.

- **Trini Kaopuiki Clark** – President and CEO, Make-A-Wish<sup>®</sup> Hawaii
- **Del Mochizuki** – Director of Finance and Human Resources, UHA Health Insurance
- **Rebecca Sandvig** – Organizational Effectiveness Coordinator, Hawaii Pacific Health

This discussion was led by Gallup Strength Coach **Raquel Kelly Hicks**, Chief Human Resources Officer of Punahou School and Sr. Workplace Wellness Advisor **Michael Story** of UHA. The panelists shared how their companies built strong social support systems and instilled connectedness throughout their organization.



Following the panel discussion, our keynote presentation featured **Ryan Wolf**, Wellbeing Lead from renowned consulting firm, Gallup. Ryan discussed the emotional needs of employees, the science behind wellbeing and engagement, what's next for companies, and tangible steps that can be taken now to create meaningful change.

Stay tuned for the recap article which will include the Work Well Summit recording, key takeaways, and additional resources. In the meantime, visit our Connecting the Dots platform for other health and well-being related content at [uhahealth.com/ctd](https://uhahealth.com/ctd).

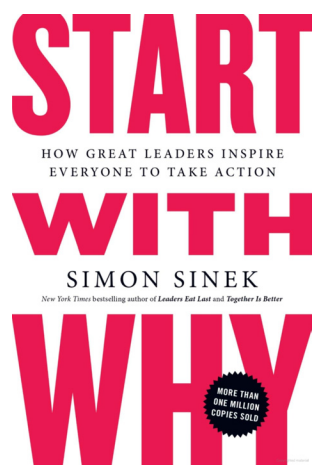
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## FEATURED BOOK OF THE QUARTER





This quarter's featured book comes from Workplace Wellness Advisor, **Keli Bandmann!** *Find Your Why* by Simon Sinek is a practical guide for discovering purpose for you and your team.



Keli's most memorable quote: "Leaders are the ones who have the courage to go first and open a path for others to follow."

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