



Connecting the Dots to Physical Well-being

Small changes can have big results

Connect to your *why*.

According to research¹, people are more successful with their health goals when their motivation comes from within.

I want to become healthier to: (check all that apply)

- lower my risk of chronic diseases such as heart disease, cancer, diabetes and stroke, which are some of the leading causes of death and disability in the United States
- reduce the number of medications I'm taking
- feel better and have more energy to play with my spouse/significant other, kids, & grandkids
- improve my quality of sleep
- have more fun
- set a positive example for my ohana and friends
- other: _____

Form small habits.

1. Maintain a healthy weight
2. Make healthy food choices most of the time
3. Exercise most days of the week
4. Work with your physician to find the right supplements
5. Do not smoke or vape
6. Control your alcohol consumption
7. Manage your stress
8. Get regular, comprehensive physical exams



Follow Dr. Cooper's Eight Healthy Steps to healthy living. Scan the QR code for the full article.

Build sustainable changes that connect you to your goals.

Make a plan that targets one new simple behavior. Learn how you can make changes to your daily habits, behavior and mindset by scanning the QR codes.



Achieve your goals using the S.M.A.R.T. approach.



Watch Dr. Segar's video, The Joy Choice, How to Finally Achieve Lasting Changes in Eating and Exercise.

DISCLAIMER: Always consult with your primary care physician before starting any type of nutrition or exercise program.

¹Teixeira PJ, Carraça EV, Markland D, Silva MN, Ryan RM. Exercise, physical activity, and self-determination theory: a systematic review. Int J Behav Nutr Phys Act. 2012 Jun 22;9:78. doi: 10.1186/1479-5868-9-78. PMID: 22726453; PMCID: PMC3441783.

UHA Health Insurance Members

Live Well, Be Well Benefits

We understand that everyone has unique health and wellness goals². To get started on your journey, consider using one or more of these UHA member benefits.



Enhanced Renal Access Program



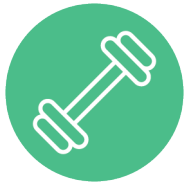
Are you interested in learning more about healthy kidneys? Need a kidney doctor? UHA can help! Contact our Health Care Services team at 808-532-4006 to get connected and learn more about UHA's renal services.



Prediabetes/Diabetes Prevention



Many adults in Hawaii have prediabetes. Fortunately, prediabetes can be addressed and reversed before it develops into diabetes through exercise and healthy eating. Learn more at: uhahealth.com/diabetes-prevention



Active & Fit Enterprise™ Program



Memberships start as low as \$10 per month for eligible UHA members. Participate in a variety of fitness options including 24-Hour Fitness and the YMCA. At-home workout is also an available option at no cost to you. Learn more at: uhahealth.com/activeandfit



Asthma Management



Asthma is one of the most common chronic diseases in Hawaii. To help you take control over your asthma, we offer an asthma management program as a covered benefit. Learn more at: uhahealth.com/asthma-management



Registered Dietician

As a UHA member, you may qualify for nutrition advice to manage a chronic disease, such as, diabetes, high blood pressure or high cholesterol. Speak with your primary care provider to see if this is a good option for you.

² For complete information on your benefits, go to uhahealth.com/members/login or contact our Customer Services department at 808-532-4000.