

Wellness Resources

At UHA, we believe in our tagline, “Better Health, Better Life.” We want to partner with you to assist you in your efforts to provide an environment of caring and concern for your employees’ health and wellbeing. We hope the following programs and services will provide you with ideas to enhance your wellness program and provide your employees with tools to effectively take control of their health and to live a better life.



General Education and Resources

Aging with Dignity (Advance Health Directive)	<p>Aging with Dignity is a national non-profit organization with a mission to affirm and safeguard the human dignity of individuals as they age and to promote better care for those near the end of life.</p> <p>Five Wishes® is the only advance directive/living will that speaks to all a person’s concerns, not just the medical and legal ones. Matters of comfort, dignity, pain management, personal and spiritual issues, family reconciliation, and memorial matters are all addressed.</p> <p>Order Five Wishes® booklets for your employees (also available in Chinese, Ilocano, Japanese, Korean, Tagalog, and other languages). Cost is \$5/booklet or \$1/booklet for 25+ orders.</p> <p>http://www.agingwithdignity.org/about.php</p>
AHIP (America’s Health Insurance Plans) Wellness SmartBrief	<p>Sign up for a free briefing on top news relating to employee health and wellness. Learn about employee health and wellness programs in workplaces across the country. Stay up-to-date with news, research, and more.</p> <p>https://www.smartbrief.com/ahipwellness/index.jsp</p>
Corporate Health & Wellness Association	<p>Corporate Health and Wellness Association has a magazine as a source of information for employers, consultants, and health insurance agents.</p> <p>http://www.corporatewellnessmagazine.com/</p>
Hawaii State Department of Health, Healthy Hawaii Initiative	<p>Quarterly newsletter to help increase awareness of Physical Activity and Nutrition (PAN) program, projects, and initiatives in Hawaii and nationally.</p> <p>Newsletter is posted at www.healthyhawaii.com.</p>
Kokua Mau “Continuous Care” Hawai’i Hospice and Palliative Care Organization	<p>This Hawaii organization focuses on hospice and palliative care (healthcare focusing on relieving pain and stress of serious illnesses). Find information to links, resources, and services including booking a speaker.</p> <p>http://kokuamau.org/</p>
WebMD® Health Services	<p>Consumer-centered health solutions company that helps organizations and individuals make better health and benefits decisions. Excellent and informative webinar series and quarterly newsletters.</p> <p>http://www.webmdhealthservices.com/</p>

Information included in this flyer has been compiled as a courtesy for you by UHA. The majority of these resources are free; UHA will not be responsible for any additional costs incurred.