

Wellness Resources

“Better Health, Better Life” ...that’s our hope for you and your employees. The following are suggested resources you may provide to your employees for additional information. Here at UHA, our associates use “My Life Check™” to establish and track their goals.



General Health

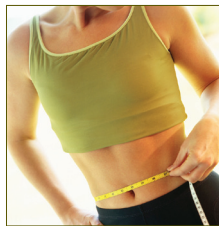
My Life Check™



Designed by the American Heart Association with the goal of improved health. This simple, seven step list has been developed to deliver on the hope we all have...to live a long, productive healthy life.

<http://mylifecheck.heart.org/>

Livestrong™.com



Online source of inspiring and useful health-related information on health, fitness, and lifestyle. Easy, interactive tools geared toward taking action from losing weight, exercising regularly, or spending more time with family.

<http://www.livestrong.com/aboutus/>

Mental Health

Mental Health America of Hawaii



The mission of Mental Health America of Hawaii is to promote mental wellness, prevent mental illness/ substance abuse, reduce stigma, and improve the overall care, treatment and empowerment of those with mental illnesses— children, adults, elders, and their families.

<http://www.mentalhealth-hi.org/>

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.