

Wellness Resources

In addition to UHA's Programs for Members, here are additional resources to share with your employees.



Diabetes

American Diabetes Association®



Obtain information and support on diabetes basics, managing diabetes, and food and fitness tips.

<http://www.diabetes.org/>

Queen's Medical Center Outpatient Self Management Education Programs



Two programs available:
Diabetes Self Management Education (DSME) and
Diabetes in Pregnancy Program (DIPP)

Contact Number: 808-547-4823

Email: email@queens.org

Open Monday thru Friday, 8:00 am to 4:00 pm
(closed holidays)

Kapi'olani Medical Center



A Sweeter Choice for Expectant Moms with Diabetes—
Gestational or pregestational diabetes affects
approximately 3% of all pregnant women.

<http://www.kapiolani.org/women-and-children/health-services-for-women/maternity-and-newborn-care/sweeter-choice-for-expectant-moms-with-diabetes.aspx>

Information and Assistance

Ho'okele Health Navigators



Guidance to help you make informed decisions about your health including: Personal Care Coordination, Eldercare Navigation, Compassionate Home Caregivers, Patient Advocacy, Personal Health Record, and iHealthHome – Technology to Assist Aging at Home.

<http://www.hookelehealth.com/index.shtml>

Pregnancy and Baby Care

March of Dimes® Healthy Babies, Healthy Business®



Free tool to help employees make better health care decisions. Health Babies, Healthy Business is a multi-dimensional health education program for the workplace.

<http://www.marchofdimes.com/hbhb/>