



July 2024 Newsletter

Aloha OTS ohana, we hope your summer is filled with family friendly fun! UHA Health Insurance and Kaiser Permanente bring you *summer fun* related tips and resources. OTS provides excellent medical benefits for all employees that includes the Active & Fit program if you want to work out at a gym as well as mental health services and wellness coaches. We also have free counseling through Employee Assistance of the Pacific. *Be on the lookout for email updates from HR or continue reading the Ola newsletter*

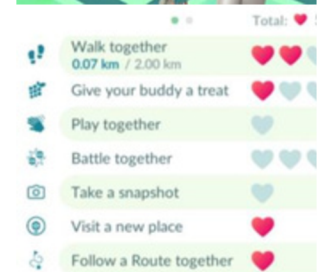
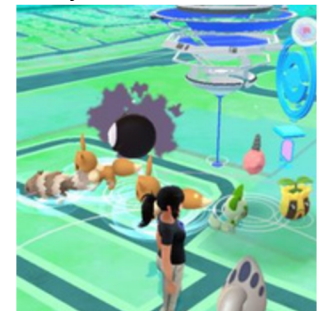
Well-Being Corner with Tamara Addison

OTS' very own Tamara Addison shares what she does to stay on top of her well-being while spending time with friends and loved ones. With over 20 years at OTS, we're excited to share Tamara's well-being story!

What do you do to maintain your well-being? I play Pokémon Go because it gamifies walking (as pictured on the right). When you complete task, you earn points like walking a route with a buddy. The more you walk, the more candies you earn in order to evolve your buddy into a stronger Pokémon. Each heart or task completed is a little dopamine kick. It's also a great way for me to spend time and bond with my young nieces and nephew.

What advice would you give someone who is just starting or getting back into an active lifestyle? Start out slow, find a buddy (real or virtual), and don't give up. It's not all or nothing; it's progress over perfection.

Playing Pokemon Go with a buddy



Announcing the next Ola Weight Loss Challenge!

To encourage better health through promoting healthy eating and physical activity, we're excited to announce the next Ola Weight Loss Challenge! If you missed last year's challenge, now is your chance to join in.



UHA Health Insurance Updates

Back to school reminder

For those with young children, this is your friendly reminder to get the physical exams needed before the start of the school year!



[Vaxtoschoolhawaii.com](https://vaxtoschoolhawaii.com) includes lists of vaccinations needed by age group.

Included on the website are vaccines for preschool students, grades 1-12, and more.

Visit

vaxtoschoolhawaii.com for more information.

Please plan accordingly with your child's doctor.

Four stretches you should know about



Wrist Stretch

How to: Extend your right arm straight out in front of you with your palm up. Flex your wrist pointing your finger tips toward the floor. Using your left hand, pull back on your fingers to deepen the stretch until you feel a stretch up your arm. Hold this stretch for 15 to 30 seconds then repeat on the other side. Repeat this stretch with your palm facing down and flexing the fingers upward.

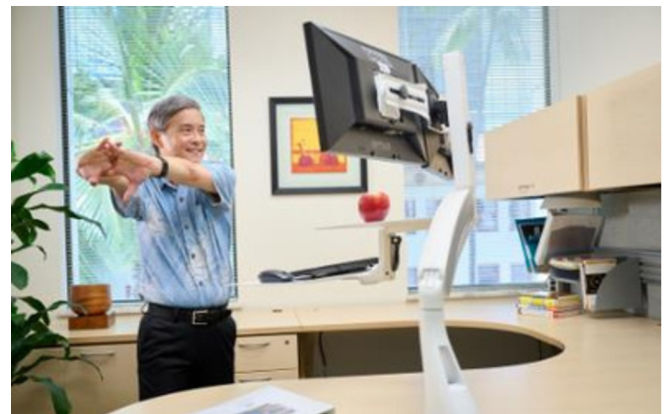
Before hitting the gym, beach or other plans this summer, don't forget to prepare your body by stretching! Here are a few stretches to start with:

Chest and shoulder stretch



How to:

Reach your right arm down and grip the side of your chair. Tilt your head to the left feeling a gentle stretch down the side of your neck. Hold this stretch for 15 to 30 seconds and then repeat on the other side.



[Read more stretches you should know about here >](#)

Keep cool and hydrate!

With summer in full effect, you might notice an increase in temperature. In addition to applying sunscreen, don't forget to rehydrate!

Here's a helpful equation to get your minimum ounces of water per day.



UHA Connects the Dots with Hawaiian Cool Water



HI Now's Kainoa Carlson and Michael Hernandez-Soria of Hawaiian Cool Water "connect the dots" on "What's in your Water".

In this episode, Hernandez-Soria explains what kind of contaminants can be found in tap water, and if store-bought filters are effective in removing these contaminants.

Michael also discuss pH, alkaline water, osmosis and reverse osmosis.

Listen to the full podcast, "[What's in your Water](#)" [here](#).

What is effective UV protection?



Suns out and so are family and friends. As you create summer plans, here are key tips to protect yourself from the sun's potentially harmful rays.

Apply sunscreen: The cornerstone of UV protection is sunscreen. Look for a broad-spectrum sunscreen that protects against both UVA and UVB rays with an SPF (Sun Protection Factor) of 30 or higher. Apply sunscreen generously to all exposed skin areas, including your face, neck, ears, and hands. Reapply every two hours, especially after swimming or sweating.

Clothing: Wearing tightly woven, loose-fitting clothing provides an additional layer of protection against UV rays. Darker colors generally provide more protection than lighter colors. Some clothing is specifically designed with UPF (Ultraviolet Protection Factor) to block UV rays effectively.



Hats and Sunglasses: Wide-brimmed hats that shade your face, ears, and neck can provide significant protection from UV rays. Additionally, sunglasses that block both UVA and UVB rays protect your eyes and the delicate skin around them from sun damage.

Seeking Shade: Limit your time in direct sunlight, especially during peak hours between 10 a.m. and 4 p.m. If you're outdoors, seek shade under umbrellas, trees, or other shelters to reduce your exposure to UV radiation.