



January 2022 Newsletter

Aloha OTS ohana,

Happy new year from UHA Health Insurance and Kaiser Permanente Hawaii! We're looking forward to 2022 and packed this newsletter with tips, resources and tools to help you start the new year off right.

Here's your first wellness tip! Up to 60% of the human adult body is made of water. Find out the minimum ounces of water to drink with this equation:

$$\text{Your Body Weight} \div 2 = \text{Minimum Ounces of Water Per Day}$$

Over 600 water bottles were delivered to the OTS offices across Oahu to ensure everyone stays hydrated! If you have questions about the Ola newsletter, please email _____



We want to hear from you!

Ola newsletter survey: We hope you find the information from the monthly Ola health and wellness newsletters useful. Help us improve the Ola newsletter by taking this short online survey [here](#).

Enter to Win a Fit Bit Flex 2: To enter submit a short testimonial on how the OTS monthly newsletter has been helpful to you and your family. Email your entry to Char Sanchez, Workforce Health Consultant with Kaiser Permanente at _____

Important Reminders

With the increase of the Omicron variant cases in Hawaii, it's important for everyone to remain vigilant by following COVID safety guidelines, practice good hygiene and precautions to protect your family from COVID-19 and its variants, and the seasonal flu.

Please consider staying up to date with your vaccinations, boosters (if eligible) and maintaining your overall health. Visit hawaiicovid19.com for vaccination sites and information.

COVID-19 testing resources

AlohaClear.com

Hawaiicovid19.com/testing
oneoahu.org/covid19-testing

At-home COVID-19 tests

Effective January 15, 2022, the federal government has mandated each member receive up to 8 at-home COVID-19 tests per month.

UHA and Kaiser are working diligently to develop the appropriate systems and procedures to comply with the new mandate. More information will be in the February newsletter. Consult with your doctor to determine if you are eligible to receive the COVID vaccination or booster shot.

UHA Health Insurance updates

New member ID cards



All UHA members will be receiving a new Member ID card due to the No Surprises Act. To learn more read the [Important Notice on Transparency in Coverage and No Surprises Act Overview](#).

Your updated Member ID card will include the following new information:

- Medical plan annual deductible and annual maximum-out-of-pocket limits
- A QR code to direct members to our member portal login page
- Updated contact information on the back of the card for assistance with member plan or benefits
- The Optum drug plan information for your convenience

[24/7 access to your health plan](#)

Forgot your member ID at home? The UHA member portal gives you secure access to your health plan information.

If you don't already have an account, registering is easy! Simply follow these easy steps:

- Go to uhahealth.com/members click on the register button or scan the QR code on your new member ID card
- Complete the online registration form →

- Read through the Terms and Conditions and Privacy Policy then select "Accept"
- Double check the information provided is correct. Click on the register button – and that's it!

You'll now have secure access to:

- View or print a digital copy of your member ID card
- View your plan benefits
- Track your claims

Visit uhahealth.com/memberquickguide to get to know your plan benefits.

Reconnect with your doctor



One of the best ways to stay on top of your health is by making sure you're up to date on your vaccinations, immunizations and other tests to help you stay healthy.

On this podcast episode, "Reconnecting with your PCP", UHA's medical director, Dr. Kathleen Kozak takes us through what a primary care physician is and where to find one if you don't have one.

Listen to this episode [here](#). To see our library of podcast episodes visit uhahealth.com/podcast.

Spaghetti squash and ricotta

Enjoy this healthy recipe with your family or friends!



Ingredients (makes 4 servings)

- 2 cups of grape tomatoes
- 1 tablespoon minced shallot
- 1 tablespoon red wine vinegar
- ¼ teaspoon red chili flakes
- 1 small garlic
- 3 tablespoons basil
- 1 2-pound spaghetti squash
- 1/3 cup whole-milk ricotta

Directions

In a medium bowl, mix in the tomatoes, shallot, vinegar, chili flakes, garlic, 1 tablespoon olive oil, 1 tablespoon basil and 3/4 teaspoon salt. Stir every 10 minutes then set aside to marinate.

Using a sharp knife, grab the squash and carefully slice off the top and bottom. Next, poke 10 to 12 slits all around the squash.

Place the squash into a microwave-safe bowl and microwave on high for 5 minutes. Flip the squash over and repeat.

Once the squash is cool enough to touch, cut it in half. Then using a spoon carefully scoop out the seeds and discard it.

Next, use a fork to create squash strands then transfer it into a medium bowl. Add the remaining olive oil and 1 teaspoon salt to the bowl and mix.

Now transfer your mix into a serving platter and pour the sauce that was set aside on top. Garnish with ricotta and basil to your preference.

Start the new year with a new mindset

End of Year Roundup

Many people view January as a fresh start as we begin the new year. Like many others, you might be thinking of what your new year's resolutions will be this year. However, by February nearly 50% of New Year's Resolutions fail*.

Don't let this discourage you! Sometimes people try to motivate themselves for the wrong reasons.



Motivation scientist and best-selling author, Dr. Michelle Segar discovered the key to creating lasting change starts with finding your “why”, the reason you want to make the change in your life. Finding your “why” is internal. If your new year's resolution is to exercise to create a healthier lifestyle, consider changing it to exercising to feel better.

“The right ‘whys,’” she says, “when it comes to exercising, are things like having fun while you're doing it, doing it because it's going to give you more energy, and it's going to help you focus, and it's going to enable you to connect with others.”

These things are immediate, positive rewards which can help you shift a behavior into a habit. When making your new year's resolutions this year, it's important to find the underlying reason you want to make this change.

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* Resource from [Forbes](#)

We encourage you to ask yourself these five questions to help you find your “why”.

- What kind of positive feelings can help you when establishing these new behaviors?
- What is the underlying meaning of the new behavior?
- What beliefs do you have behind this behavior?
- What are the challenges that prevent you from establishing change?
- Do you give yourself permission to prioritize your own well-being?

Listen to this podcast episode [here](#).

Want more? View our entire podcast library by visiting uhahealth.com/podcast.

UHA in the community

We are dedicated to improving the lives of everyone we touch. As a local company, we know that supporting our community was the best way to help every member, family, and business alike. Here are a few highlights from 2021:

We're supporting our future physicians for a healthier Hawaii



In celebration of UHA's 25th anniversary, President & CEO, Howard Lee presented a \$1 million donation to the University of Hawai'i at Mānoa John A. Burns School of Medicine (JABSOM). The donation establishes UHA Health Insurance and the Dr. Max G. Botticelli Medical Innovation Endowment in support of JABSOM's efforts to develop and implement innovative curriculum initiatives. [Learn more](#)

Caring for Hawaii begins with caring for our keiki



During Kapi'olani Medical Center's 15th annual Radiothon, we donated \$100,000. Bringing the record total to \$575,615 raised by our community – the largest amount raised in the event's history. [Learn more](#)

Nobody should go hungry in Hawaii



Aloha Harvest is the largest food rescue and redistribution organization in Hawaii. As the annual non-profit recipient for UHA's corporate match program, we were able to gift \$8,800 to families in need.

We are amazed at the strength and resiliency of each individual, businesses, and families across Hawaii since the start of the pandemic. Together we displayed an extraordinary quality, Lōkahi, coming together to help each other.

As we mark 25 years of service, we appreciate the trust placed in us by our community.