



We're here with you

HMSA health education workshops

For the good times. For the tough times. For lifetimes.





HMSA health education workshops are live Microsoft Teams or in-person workshops about nutrition, stress management, and other aspects of health and well-being. These 60-minute workshops are available to employers through their HMSA plan.

How it works

- Contact your HMSA representative or email workshopsurvey@hmsa.com to schedule a workshop with our team. Designate a workshop coordinator from your company.
- For webinars, we'll send the coordinator a Microsoft Teams registration link and promotional flyer with instructions on how to register and join the workshop.
- The 60-minute workshop includes a presentation and a Q&A session.
- A link to a short voluntary survey will be provided for participants to complete after each workshop.

A minimum number of participants is required for both online and in-person workshops. Workshop schedules are subject to change.

Workshops

BONE-ified Talk: A Workshop on Osteoporosis

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue. Frail bones can break more easily and the results can range from discomfort to disability. This workshop will provide a better understanding of your bones and how to keep them strong and prevent fractures.

Consumer Alert!

We all need calories and nutrients for energy and to keep our bodies functioning at their best. But our food and drink choices are not often the healthiest. We tend to let aromas, taste, cost, and presentation overwhelm us. In this workshop, we'll review factors that influence our food choices and learn ways to eat and drink mindfully.

Crimes Against Spines

Many of us ignore our neck and back. Improper lifting, poor posture, weight gain, and lack of exercise can contribute to an unhealthy spine. Learn about these areas of neglect and what you can do to help prevent pain and injury.

Digital Access to Your Care

Online only

With your smartphone or computer, we'll walk you through HMSA's digital tools for members, including HMSA's Online Care®, Find a Doctor search engine, the Check Drug Cost tool (if applicable), and more.



FIT: To Be Tried

Exercise and physical activity are important for a healthy lifestyle, yet many of us don't reach minimum requirements outlined in national guidelines. In this session, we'll review how to structure workouts that factor in frequency, intensity, and time, or FIT. We'll also show how cardio, strength training, and stretching can be incorporated into a weekly routine.

Hearty Advice

Heart disease is the leading cause of death in the U.S. Hypertension and high cholesterol can increase the risk of heart disease. Learn how physical activity, smart nutritional choices, and making time for relaxation can lower your risk. You'll also learn how your cardiovascular system works and get strategies for living longer and better.



Holiday Hurdles In person only

Want to fully enjoy the end of the year? Don't get tripped up with overindulgence of sweets and alcohol. Be mindful of germs that that easily spread during the holidays. We'll explore how to have fun responsibly. (This workshop is only offered in person and only in November and December.)

Hypertension Explained

What's hypertension? We'll discuss what blood pressure numbers mean and what to do if they're high. We'll also talk about how to prevent and control high blood pressure.

Just the Facts

Many of us eat a diet high in processed foods. These canned, frozen, bottled, or boxed products tend to be high in sodium, fat, added sugar, and calories. Knowing how to read, understand, and compare nutrition facts labels is essential to making healthier choices.

Make a Muscle

Did you know that you have more than 600 skeletal muscles in your body? If you don't use them, you could lose them. Apathy leads to atrophy. Learn how muscles work, how to build or maintain muscle strength, and about the importance of recovery after exercise.



Mind Your Muscles In person only

In this session, we focus on the conditioning of our skeletal muscles. We review basic muscle anatomy and physiology and tell you how to train those muscles. While not a workout class, plan to perform a few simple strength training exercises. Group size is limited to no more than 30.

Modern Perils

Modern health risks, such as excessive screen time, sedentary occupations, and an abundance of ultra-processed foods and beverages, can be harmful. Learn how modifying our behaviors can improve our health and well-being.

Preventive Care: An Introduction to Health Screenings and Proper Self-care Practices

An ounce of prevention is worth a pound of cure. In this session, we'll review the benefits of getting screenings before you have symptoms. Topics include screenings specific to women and men. We'll discuss how certain behaviors help keep us healthy, both on paper and in the way we feel.

Destination: Sleep

Having trouble sleeping? You're not alone. Many people struggle with getting a good night's sleep. We'll talk about ways to improve your sleep, including bedtime routines and tips for creating a comfortable sleeping environment.



Stress Bucket

We all hold a limited amount of stress before it overflows. Knowing how to manage and drain this stress is crucial in preventing high blood pressure, anxiety, depression, and other health conditions. Learn simple, enjoyable ways to lower the volume of stress.

Takeout Tips

We don't always have time to prepare meals at home. Unfortunately, many of the fast foods that we turn to for convenience are unhealthy. We'll explore strategies to order takeout. With the right amount of knowledge and determination, we can make "less unhealthy" food choices.



Under the Sun

The outdoors provide boundless opportunities for care-free fun in the sun. But danger could be lurking if you're not careful. Get sun and water safety tips to protect you and your family during outdoor activities. You'll also learn how to prevent skin cancer, heat-related illnesses, and more.

Why Weight?

Managing your weight can be challenging, but in this workshop, you'll discover the fundamental tools for life-long success. From understanding why weight management needs to be a priority to creating a support network, learn the keys of readiness, goal setting, nutrition, and exercise to create a sustainable plan.

Workstation Wellness:

Work from Home Edition

Online only

Are you working from home? While the lack of a commute to and from the office may be a relief, spending hours at a makeshift workstation might be wearing you down. If certain precautions aren't taken, you could increase your risk of repetitive motion disorders, poor posture, eyestrain, and perhaps – most dangerous – a sedentary lifestyle. Learn how to stay healthy while working from home.

808 Trail-Ready: Hiking Safely in Hawaii

Hiking is a great way to get exercise, destress, and enjoy Hawaii's natural beauty. But it can also be dangerous if you don't take proper precautions. Learn how to prepare for hiking adventures. Get tips on what to wear, what gear to pack, which trails to explore safely, and how to prevent accidents.



FAQs

What time can I schedule online or in-person workshops?

Workshops can be scheduled Monday through Friday, between 8 a.m. and 4 p.m., based on the instructor's availability. However, we may be able to accommodate groups with different work shifts. Please contact us with your request.

How do I schedule an online or in-person workshop?

Contact your HMSA representative or email workshopsurvey@hmsa.com and include:

- The group coordinator's name, email, and phone number.
- Workshop(s) you'd like to offer.
- Preferred date(s) and time(s) for each workshop.
- Location, including conference room and logistics (for in-person workshops). We recommend a monitor or TV with HDMI connection.
- Estimated number of participants.

Are online or in-person workshops open to all employees regardless of health plan affiliation?

Yes. Keep in mind that HMSA health plan benefits, tools, and resources may be referenced in these workshops. For example, Digital Access to Your Care is specific to HMSA's programs and resources.

How many participants do I need?

We recommend a minimum of 10 participants for online workshops and a minimum of 20 for in-person workshops on Oahu. Please inquire about Neighbor Island travel and participation requirements. If registration is low, we may need to cancel or reschedule the workshop. To maximize participation, we recommend that you let your employees know about the workshop at least two weeks in advance. Let us know if you'd like flyers to help you promote the workshops to your employees.

Do participants need to turn on their video during the online workshop?

No, their video will be disabled during the workshop. The instructor will also mute participants but encourage them to participate in the discussion and ask their questions using the chat feature.

What are the system requirements for Microsoft Teams meetings?

Visit learn.microsoft.com/en-us/microsoftteams/hardware-requirements-for-the-teams-app for system requirements.

How do I get additional help with the Microsoft Teams platform?

Visit the Microsoft Teams help center at support.microsoft.com/en-us/teams link. We recommend that you check with your IT team to confirm that Microsoft Teams is an approved platform that will get through your organization's firewall. We also recommend that you test the system before scheduling workshops.

How can I test Microsoft Teams to see if it works on my PC?

Visit support.microsoft.com/en-us/office/join-a-meeting-in-microsoft-teams-1613bb53-f3fa-431e-85a9-d6a91e3468c9 for instructions.

For more ways to improve your health and well-being, visit hmsa.com/well-being.

