



## **The 'Ekahi Health Mission:**

The mission of 'Ekahi Health System is to empower the individual to reach their health goals by becoming a partner in their health and wellness journey. We provide a one-team approach to care. We treat the whole person rather than just the disease.

We provide comprehensive support and education under one roof for easy access to the resources we have. We focus on empowered care of the person. We aim to provide skills to understand and control one's health over a lifetime.

The one-team approach consists of multiple providers including board-certified Advanced Practice Registered Nurses, Registered Dietitians, Clinical Pharmacists, Licensed Mental Health Providers, Case Managers, Health Coaches, Exercise Physiologists, and Stress Management Specialists. Our expert team partners with the patient and their primary or referring physician to equip them with the resources to understand and manage their health.

## **The 'Ekahi Wellness Program:**

The 'Ekahi Wellness Program incorporates integrative health and lifestyle education and support in the form of the following: individual consultations, group classes and innovative technology to develop care plans focused on the following areas:

- **Chronic Medical Management & Education:** Clinical Pharmacists, Nurse Practitioner
- **Nutrition Education:** Registered Dietitians
- **Emotional Wellbeing:** Behavioral Health Specialists
- **Managing Stress:** Stress Management Specialists and resources
- **Activity & Exercise:** Exercise Physiologists, Health Coaches, Case Manager

## **'Ekahi Wellness Components:**

1. Individual Provider Appointments
2. Hui Curriculum
3. Ke Ola Nui Classes and Gym Access

### **Individual Provider Appointments**

In order for lifestyle changes to be sustainable, lifelong support and resources are crucial. You will initially meet one-on-one with our pharmacist, nurse practitioner, registered dietitian and behavioral health specialist to evaluate your specific needs. Next, we (patient and team) will collectively determine the frequency of your follow-ups with each of the providers based on your health goals and expectations.



### **The Wellness Hui Curriculum**

In addition to your individual visits with our providers, the Hui Curriculum includes regularly scheduled group sessions instructed by our various healthcare professionals. We will focus on health and lifestyle modification education, implementation and actionable goal setting.

The Hui is here to help you develop sustainable, lifestyle changes which take time, consistency and support. Therefore, we begin by meeting regularly for eight weeks and thereafter, meet once every two months for two years.

### **Ke Ola Nui (Exercise and Stress Management Classes) & Gym Access**

Participating in regular aerobic activity and practicing ways to manage everyday stressors has shown to reduce chronic diseases such as diabetes. Our Ke Ola Nui program offers group exercise and stress management classes, open gym options, as well as occasional cooking demonstrations and specialty classes. Your Case Manager or Wellness Coordinator can assist you in getting started with these classes and open gym.

### **Primary Physician Care**

Your primary physician will remain in charge of your overall health care. Our goal is to help you become an empowered partner in your healthcare. We will work closely with your physician to ensure that your health goals are met.

‘Ekahi Wellness is not a substitute for regular medication regimen, but we do help participants better understand the side-effects of their medication, and how lifestyle changes can help decrease medications. We offer access to our clinical pharmacists who may be able to help adjust your medication as you progress.

### **Costs & Fees**

We bill your insurance for each visit, as applicable. Co-payments and/or applicable taxes vary by insurance plan and are usually the responsibility of the patient.



## Schedule of Initial Appointments

'Ekahi Wellness believes in providing a holistic approach to health and wellness using a multidisciplinary team approach. You will initially be scheduled for one-hour consultations with each of our providers (listed below). From these appointments, we (you and our team) create and customize your 'Ekahi Wellness care plan, specific to your health needs. We can also enroll you in your Hui schedule and Ke Ola Nui classes of choice.

### HUI CURRICULUM START DATE: \_\_\_\_\_

### MEDICATION MANAGEMENT EDUCATION with PHARMACIST \_\_\_\_\_

**Initial appointment date:** \_\_\_\_\_

**What to bring:** A list of your current medications with dosages and strengths. Include over-the-counter items and supplements. Please bring all medicine and supplement bottles.

**What to expect:** This appointment may 30 to 60 minutes. Medications will be reviewed, including side effects. If needed, we may have lab testing done in office (Lipid panel, hemoglobin A1C, and/or urine analysis).

### NUTRITION EDUCATION with REGISTERED DIETITIAN \_\_\_\_\_

**Initial appointment date:** \_\_\_\_\_

**What to bring:** Any food log/record and any questions you have for the Registered Dietitian.

**What to expect:** This appointment will take approximately 60-75 minutes. Our registered dietitian will review your eating pattern, nutrition-related goals, answer any questions you may have and work with you to make a plan to achieve your goals. Follow-up appointments will be scheduled as needed.

### EMOTIONAL WELLBEING with BEHAVIORAL HEALTH SPECIALIST \_\_\_\_\_

**Initial appointment date:** \_\_\_\_\_

**What to bring:** Any questions you have for the emotional wellbeing specialist.

**What to expect:** This appointment may take 60-75 minutes. In order to improve our physical health, we must also address our emotional health. We may need to learn skills to manage our stress and to change old habits that are negatively affecting our health. Our Behavioral Health Specialists are licensed mental health professionals who will provide counseling and support to help you reach your goals. They will work with you to identify and process your feelings and change habits that are concerning you.

### HEALTH MANAGEMENT & EDUCATION with NURSE PRACTITIONER \_\_\_\_\_

**Initial appointment date:** \_\_\_\_\_

**What to bring:** List of any medication changes, new lab results and any questions for the provider.

**What to expect:** This appointment will be approximately 60-75 minutes. The nurse practitioner will review the collective evaluations performed by the above providers and together come up with your specific health goals, anticipated follow-up needs and discuss how we can best support your lifelong journey.

### ACTIVITY & STRESS MANAGEMENT

**Foundations to Exercise class:** \_\_\_\_\_

**Stress Management class:** \_\_\_\_\_

Participating in regular aerobic activity and stress management techniques has been shown to reduce chronic medical diseases such as diabetes. We recommend that you engage in in these activities whether they be at our clinic or on your own. We are here to help you plan and be accountable!



## **Ke Ola Nui Program & Open Gym**

Participating in regular aerobic activity and practicing ways to manage everyday stressors has shown to reduce chronic medical diseases such as diabetes. Our Ke Ola Nui Program offers group exercise and stress management classes, open gym options, as well as occasional cooking demonstrations and specialty classes. Your nurse case manager or clinical coordinator can assist you in getting started with this program and provide the latest class schedule.

### **FOUNDATION TO EXERCISE CLASS:**

Introductory class for anyone who is interested in attending any of our Ke Ola Nui exercise classes or open gym times! This class will start you on your way to implementing a safe and appropriate exercise routine to help manage diabetes as well as other chronic diseases. We will discuss the benefits, types, safety considerations, and recommendations for exercise. The class will have an educational portion as well as demonstration on how to use the equipment in our gym. And, you will be able to utilize the gym for open gym hours after the class if you would like.

Physical activity and exercise are a crucial element in the management and prevention of diabetes. The benefits far exceed the risk when an exercise regimen is initiated safely and with the help of a healthcare provider

### **STRESS MANAGEMENT CLASS:**

Life is stressful in general and managing chronic disease like diabetes can lead to even more stress. Learn more about what stress is and how practicing stress management can lower A1c. The course focuses on two parts. The first part introduces and explores what stress is and the benefits of stress management. In the second half of the class participants will get to practice deep breathing and mindfulness techniques with guidance from our Stress Management Specialists.

***\*Must register online through the MindBody system for instructor led classes (see below). Due to limited space, we are unable to take walk-ins for classes.***

***\*No need to register for open gym hours. Open gym hours are on a walk-in basis.***

***We will be emailing you a link to login to your free account on MindBody, our class scheduling system. You can also login through [clients.mindbodyonline.com](https://clients.mindbodyonline.com). Click on the 'Ekahi Health Logo for access to our calendar of classes. If you experience any issues, have questions about the site, or did not receive the email, please contact our staff at [wellness@ekahihealth.com](mailto:wellness@ekahihealth.com) or contact your Case Manager.***



## General Exercise Recommendations

If you haven't been active recently, you can start with 5 to 10 minutes a day. Increase your activity sessions by a few minutes each week. Over time, you will see your fitness improve, and find you have the strength to do more.

### What We Recommend

Two types of physical activity are most important for managing your health:

1. Aerobic exercise
2. Strength training

### AEROBIC EXERCISE:

Recommendation: 30 minutes of **moderate**\*-to-vigorous intensity aerobic exercise at least 5 days a week or a total of 150 minutes per week. Spread your activity out over at least 3 days during the week and try not to go more than 2 days in a row without exercising.

*\*Note: Moderate means that you are working hard enough that you can talk, but not sing, during the activity. Vigorous intensity means you cannot say more than a few words without pausing for a breath during the activity.*

Busy schedules sometimes do not allow for a consistent 30 minutes of exercise. If this is the case, break it up into 10 minutes periods of exercise. Research has shown that the health benefits are similar when you do this!

Examples: a brisk 10 minute walk after each meal, 15 minutes of aerobics before work and 15 minutes after work. If you are trying to lose weight and keep it off, try 60 minutes of aerobic exercise per day.

Below are some examples of aerobic activities:

- Brisk walking (outside or inside on a treadmill)
- Bicycling/Stationary cycling indoors
- Dancing
- Low-impact aerobics
- Swimming or water aerobics
- Playing tennis
- Jogging/Running
- Hiking
- Moderate-to-heavy gardening



## **STRENGTH TRAINING:**

Strength training (also called resistance training) makes your body more sensitive to insulin and can lower blood glucose! It helps to maintain and build strong muscles and bones, reducing your risk for osteoporosis and bone fractures.

The more muscle you have, the more calories you burn – even when your body is at rest. Preventing muscle loss by strength training is also the key to maintaining an independent lifestyle as you age.

**Recommendation: At least 2-3 times per week in addition to aerobic activity.**

### **Examples:**

- Weight machines or free weights at the gym
- Using resistance bands
- Lifting light weights or objects like canned goods or water bottles at home
- Body weight exercises: pushups, sit ups, squats, lunges, wall-sits, planks
- Classes that involve strength training
- Other activities that build and keep muscle like heavy gardening

### **Stay Accountable:**

- Keep track of what you are doing by logging it on a calendar (like below)
- Online apps like MyFitness Pal can track exercise and nutrition
- Be consistent
- Find an exercise buddy

### **Example of weekly exercise:**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10 min walk, weights		10 min walk		10 min walk, weights	
Walk 60 min	15 min walk, weights		15 min walk		15 min walk, weights	



## BEHAVIORAL HEALTH INFORMATION SHEET

### What is it?

Emotional Wellbeing is a critical part of every health care plan. In order to improve physical health, we must address emotional health. Behavioral Health Specialists are licensed providers who provide counseling and support. They will work with me to change habits that are concerning me.

### Why is it necessary?

Behavioral Health is therapy that examines how my habits impact my overall wellbeing by identifying my goals and providing brief, solution-focused interventions and/or psychotherapy to help improve my health.

### Am I eligible?

If I do not currently see or have a psychotherapist, I may be eligible to participate in Behavioral Health Services.

Behavioral Health is covered by most health insurance plans. If I have a health insurance policy, it may provide partial or full coverage for behavioral health treatment. I will be responsible for a copay for each visit. Most health insurance plans will require me to authorize `Ekahi Wellness to provide them with my clinical diagnosis. I must agree to allow `Ekahi Health to provide requested information to my health insurance plan if I choose to pay with insurance.

A **clinical diagnosis** is a technical term that describes the nature of my problems and the duration- short or long term. All diagnoses come from a book entitled the DSM-V.

### Confidentiality

All communication with my Behavioral Health Provider is confidential. This means that my Behavioral Health Provider will not discuss any of my information orally or in writing without my expressed written permission unless one of the following applies:

- a) Case consultation with `Ekahi Wellness team for care plan purposes
- b) Ideas or thoughts of or suspicion of actual involvement in child, elder or dependent abuse or neglect
- c) Reason to believe I have serious intent to harm myself, someone else or property (including the thought or idea of committing suicide or murder)
- d) Disclosure of developing, duplicating, printing, downloading, streaming or accessing digital media involving a child and an act of obscene sexual conduct (child pornography)
- e) My involvement in a legal proceeding in which I introduce my emotional condition
- f) My records are subpoenaed

Only in some the above instances does my Behavioral Health Provider have an ethical and legal obligation to break confidentiality and disclose confidential information about me.

### Voluntary Participation

Participation in Behavioral Health Services is voluntary. I can begin and end therapy sessions at any time for any reason.