



UHA Health Insurance (University Health Alliance)

Wellness plays an important part in keeping employees healthy and productive. Studies have shown that an effective employer wellness program results in a healthier business. The problem is that most wellness programs are not effective because wellness programs are only half the solution. If participation and adherence in those programs are not high, there will be limited tangible results. In addition to a comprehensive wellness assessment and the implementation of a wellness program, it is critical to change the work culture, systems and environment in support of achieving the goal of a healthy, productive and engaged workforce.

Creating a worksite wellness culture begins with you, by investing in your most valuable asset—your employees. As people take ownership of their health, this will be reflected in the need for less healthcare services over time in addition to a more successful business. As a recognized healthy-living company, UHA Health Insurance (UHA) understands that every employer has unique challenges. Employees spend long, stressful hours on the job that often leave little time for exercise, proper nutrition and rest. At UHA, we have found a way to get and keep our employees healthy. We believe that if we can do it, every other company in Hawai'i can do it too.

Our unique wellness solution is based on the Four Powers Model™ which recognizes that people need the motivation, the confidence and skills necessary to choose and keep choosing healthy habits. We help companies design healthy workplaces and recognize the strong influence of peers, family members, and friends on health habits. Rather than approaching worksite wellness with a one-size fits all “cookie cutter” approach, we work with each employer to develop customized and sustainable worksite wellness programs. We have a suite of solutions that generate high levels of motivation, and more importantly help their employees to make healthy living easy and sustainable.

To learn more about our programs and how our customized approach can help your team reach their wellness goals, contact UHA's Worksite Wellness team at 808.532-2156 or email us at worksitewellness@uhahealth.com. Our services are available to all Hawai'i employers, regardless of their current health plan carrier.

For a library of articles go to:

- [UHA's Guide to Workplace Wellness](#)
- wellness.uhahealth.com
- [How do Healthy Employees Benefit Company Success](#)



Hawai'i Health @ Work Alliance (HH@WA): Collaborating Toward a Healthier Hawai'i

Hawai'i employers know that healthy, fit, active and happy employees result in a more productive workforce and a healthier Hawai'i. Employers are constantly striving to improve the health and well-being of their employees and their organizations, but more often than not, they are doing so in isolation. It was in an effort to address this that UHA Health formed the Hawai'i Health at Work Alliance (HH@WA).

The alliance creates the opportunity to:

- Learn from subject matter experts about emerging concepts in employee health and wellness
- Share best practices in worksite wellness programming
- Assist each other in solving problems gained from first-hand experience
- Network with other like-minded employers in Hawai'i

HH@WA is open to all businesses interested in concrete solutions to improve the health of their employees and enhance the performance of their organizations, regardless of whether they offer UHA health plans.

For more information about HH@WA, visit hhawa.com or contact worksitewellness@uhahealth.com.

Connect with us!

- Twitter: @HHAWAlliance
- LinkedIn: Hawai'i Health at Work Alliance, LLC