HMSA ONLINE HEALTH EDUCATION WORKSHOPS
are live Webex classes that teach members about nutrition, stress management, and other aspects of health and well-being. These 45-minute online workshops support HMSA employer groups’ health and well-being plans.

HOW IT WORKS
- Schedule your workshop with our team.
- A Webex invitation for the workshop will be sent to the group coordinator with instructions on how to join.
- The group coordinator will forward the invitation to employees with a personal note/invitation to attend.
- The workshop is approximately 35 minutes of presentation and 10 minutes of Q&A.
- A short voluntary survey link will be provided for participants to complete after each workshop.

ONLINE WORKSHOP TOPICS

DIGITAL ACCESS TO YOUR CARE
With your smartphone or PC, we’ll walk you through the steps to make the most of our digital tools at hmsa.com, including HMSA’s Online Care®, Find a Doctor, and more.

EATING ON THE RUN Takeout Edition
You may be aware that fast foods tend to be high in salt, calories, and added sugars. But it is also likely that you are craving some comfort foods during these uncertain times. In this session, we will look to find a balance between eating healthy and eating happy. If we can’t always make the healthiest choices, with the right amount of knowledge and determination maybe we can make choices that are “less unhealthy.”

HEARTY ADVICE
Heart disease is the leading cause of death in the United States. Conditions such as hypertension and high cholesterol can increase your risk. Join us and see how physical activity, smart nutritional choices, and time for relaxation can lower your risk of heart disease. You’ll also learn how your cardiovascular system works and strategies for living longer and better.

STRESS BUCKET Coronavirus Edition
Each of us has a limited amount of stress we can “hold” before overflow occurs. In recent weeks, the number of stressors coming at us has rapidly increased. Knowing how to manage and “drain” this stress is crucial in preventing high blood pressure, anxiety, depression, and other health afflictions. Join us and realize simple (and often enjoyable) ways to lower the volume of stress in your “bucket.”

SUPERMARKETING! Coronavirus Edition
In light of recent events, we might be buying more processed food than normal. These canned, frozen, or bottled products tend to be high in sodium, fat, sugar and calories. It’s important to read, understand, and compare the Nutrition Facts Labels on these foods and beverages so you can make healthier choices.
**WELL-BEING 101**
People often try to make lifestyle changes to benefit their health. Unfortunately, these changes are often hard to make and stick to. Learn how to use the “stages of change” model for making comfortable, lasting improvements. Taking smaller steps can make it easier to exercise more, eat healthier, and relieve stress.

**WORKSTATION WELLNESS Work From Home Edition**
Do you suddenly find yourself working from home full-time? While the commute might be more pleasant, spending hours with a makeshift workstation and a disrupted routine might be wearing you down. If certain precautions aren’t taken, it could lead to increased risk for repetitive motion disorders, poor posture, eyestrain, and perhaps most dangerous — a sedentary lifestyle. Learn how to make the best of your new work environment.

**FAQS**

**What are the hours to schedule online workshops?**
Normal business hours between 8 a.m. with the last workshop at 4 p.m. based on instructor availability. However, we understand that there may be groups with different work shifts so please submit a request for workshops outside of normal business hours for consideration.

**How do I schedule an online workshop?**
Please contact your HMSA representative or email workshopsurvey@hmsa.com and include the following information:

- Your company name and the workshop coordinator’s contact information including your email and phone number
- Workshop title(s) you would like to offer to your employees
- Preferred date(s) and time(s) for each workshop title
- Estimated number of participants

**What is the minimum/maximum participation?**
We would like to target between 10-50 participants per workshop. If we experience low participation, then we may need to cancel or reschedule the workshop. Requests for larger groups can be sent in for consideration.

**Is the group coordinator required to provide a participant count?**
This information is helpful for the instructor and can be provided at a later date if the coordinator does not have the estimate at the time of the initial request.

**Do participants need to turn on video during the workshop?**
No, video will be disabled during the workshop. In addition, the instructor will mute all participants once the session begins and will unmute during the Q&A.

**What are the system requirements for Webex meetings?**
For full system requirements click on the following link: https://help.webex.com/en-us/nki3xrq/Webex-Meetings-Suite-System-Requirements

**How do I get additional help with the Webex platform?**
Refer to Webex online help center at https://help.webex.com/Id-nyw95a4-CiscoWebexMeetings/Webex-Meetings#Get-Started.

We recommend that you check with your IT team to confirm Webex is an approved platform that meets your organization’s firewalls. Systems testing is also recommended prior to scheduling workshops.

**Are workshops open to HMSA groups regardless of health plan affiliation?**
These online workshops are available to HMSA groups and their employees regardless of health plan affiliation. Keep in mind that HMSA health plan benefits, tools, and resources may be referenced in these workshops. Digital Access to Your Care is specific to HMSA programs and resources.

**Will online workshops be offered after COVID-19?**
As Hawaii’s COVID-19 situation continues to evolve daily, HMSA is committed to continuing to serve our employer groups and their employees and will continue to evaluate demand after COVID-19. Any plans for discontinuing online workshops will be communicated well in advance to groups.

**Can more than one employer group collaborate to offer the same workshop?**
Yes, the same Outlook invitation will be sent to both coordinators for distribution. Keep in mind the ideal size of a workshop is under 50 participants.

**Is the workshop participation information tracked, such as participant name and department?**
The group name(s) and total number of participants who join the workshop will be tracked for aggregate reporting by request only.

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