

Presented by:

I Ola Lāhui

A 501(c)(3) nonprofit corporation.

677 Ala Moana Blvd., Suite 904

Honolulu, HI 96813

Phone: 525-6255

Fax: 525-6256

www.iolalahui.org

Mahalo to our sponsors.



An Independent Licensee of the Blue Cross and Blue Shield Association



Kūlana Hawai'i

Weight management
services tailored just
for you.



Want to lose weight but don't know where to start?

Having a hard time maintaining a healthy weight?

Has your doctor talked to you about improving your lifestyle?

Kūlana Hawai'i can help.

Kūlana Hawai'i is a weight management program that helps you set personal goals and provides guidance from experts along the way. You'll receive health and wellness information, support, and encouragement to help you stay on track. Kūlana Hawai'i also works closely with your primary care doctor to ensure that you are getting the best possible care.

Losing weight isn't just about diet and exercise. It involves your physical, emotional, and social well-being. Kūlana Hawai'i is designed with this in mind. Our team of health psychologists, nutritionists, and fitness instructors will work with you to:

Set goals. Setting manageable, personalized goals can lead to success.

Get support. It's a kākou thing. Share struggles and successes with others who understand.

Receive individual attention. Build a plan tailored to the way you live.

Succeed. We'll help you stay motivated to reach your goals and give you tools to maintain a healthy weight and lifestyle.

Kūlana refers to your attitude, stature, and the way you carry yourself. Your outward presence reflects your inside attitudes and values. Kūlana Hawai'i seeks to elevate the health status of Hawai'i's people.

Kūlana Hawai'i also includes informative, interactive group sessions to help you:

- Learn about the science of eating and weight control.
- Eat more nutritious meals that are healthy and delicious.
- Become more physically active.
- Manage stress and achieve a balanced lifestyle.
- Stay focused and motivated.

You'll have access to our fitness center equipment, classes, and personalized instruction from a certified fitness instructor. Participate in fitness activities in the community. Hike, work in a lo'i, and exercise at the beach with us.

Enroll Today

Call us at 525-6255 on O'ahu to get started, or contact your primary care doctor to discuss the program and enroll.

Eligibility

You must:

- Be age 18 or over.
- Have a body mass index (BMI) of 25 or over.

There is no cost for eligible HMSA members.

For Native Hawaiians who are not HMSA members, scholarships are available from the Office of Hawaiian Affairs. Funding is also available for members of the Hawai'i National Guard and Reserves.