

STATE OF HAWAII
DEPARTMENT OF HEALTH
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**Testimony in SUPPORT of HCR0159
ENCOURAGING STATE DEPARTMENTS AND AGENCIES TO IMPLEMENT
WORKSITE WELLNESS PROGRAMS**

REPRESENTATIVE DELLA AU BELATTI, CHAIR
HOUSE COMMITTEE ON HEALTH

REPRESENTATIVE AARON LING JOHANSON, CHAIR
HOUSE COMMITTEE ON LABOR & PUBLIC EMPLOYMENT

Hearing Date: March 28, 2017

Room Number: 329

1 **Fiscal Implications:** The Department of Health (DOH) will use existing resources to carry out
2 the recommendations of HCR 159 and assist other departments and agencies with their
3 implementation. The DOH defers to other state departments and agencies on the resources
4 needed to develop and maintain worksite wellness initiatives for their employees.

5 **Department Testimony:** The DOH supports HCR 159 which encourages state departments and
6 agencies to implement the Department of Human Resources Development (DHRD) Policies and
7 Procedures for Worksite Wellness, Policy No. 801.001.

8 Policy No. 801.001 was signed by DHRD on October 1, 2014 and provides a framework
9 and authorization for state departments and agencies to create and maintain wellness initiatives
10 for their employees. Many states across the country have developed and implemented worksite
11 wellness efforts for their state employees. Research conducted in 2015 found that forty-one
12 states have a state-wide wellness program, many offering incentives and or disincentives to
13 encourage employee participation.¹ Hawaii is positioned to follow the lead of these other states

¹ Hendrix, L. (2015). Incentivizing Healthy Behavior in State Employees Through Wellness Programs. Retrieved from http://dukespace.lib.duke.edu/dspace/bitstream/handle/10161/9720/Hendrix_Master%20Project%20Final%20.pdf?sequence=1.

1 and take steps to advance worksite wellness efforts that encourage and support the health and
2 wellness of its valuable state employees.

3 The Department plans to bring together representatives from each of the state
4 departments and agencies in June 2017 to take part in a Government Agency Worksite Wellness
5 Task Force to learn about the DHRD worksite wellness policies and procedures and to provide
6 agencies with worksite wellness resources and learning opportunities. The Task Force, convened
7 in partnership with HMSA and Kaiser Permanente, will continue to build and support wellness
8 efforts within state agencies. If HCR 159 is passed, the resolution will encourage state agencies
9 to participate in the Government Agency Worksite Wellness Task Force and subsequent worksite
10 wellness training opportunities.

11 Thank you for the opportunity to provide testimony.

12 **Offered Amendments:** None



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ADMINISTRATOR, HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND
DEPARTMENT OF BUDGET AND FINANCE
STATE OF HAWAII
TO THE HOUSE COMMITTEE ON HEALTH, AND COMMITTEE ON LABOR AND
PUBLIC EMPLOYMENT
ON HOUSE CONCURRENT RESOLUTION NO. 159

March 28, 2017
11:15 a.m.
Room 329

ENCOURAGING STATE DEPARTMENTS AND AGENCIES TO IMPLEMENT
WORKSITE WELLNESS PROGRAMS

Chairs Belatti and Johanson, Vice Chairs Kobayashi and Holt, and Members of the Committees:

This Concurrent Resolution is being presented to the Hawaii Employer-Union Health Benefits Trust Fund (EUTF) Board of Trustees for a position at their March 28, 2017 meeting. However, it should be noted that the Board has supported the development of wellness programs by the EUTF staff for the State and counties. Over the past two years, the EUTF staff has developed a wellness program for the employers and employee-organizations in conjunction with its medical and prescription drug carriers that includes the following:

1. EUTF staff presentation to help employees understand their health benefits;
2. Carrier presentations on how to access and use their health and wellness benefits;

EUTF's Mission: We care for the health and well being of our beneficiaries by striving to provide quality benefit plans that are affordable, reliable, and meet their changing needs. We provide informed service that is excellent, courteous, and compassionate.

3. Worksite biometric screenings and “closing your care gaps” screening program;
4. Worksite completion of health risk assessments;
5. Health education classes;
6. Informational sessions on health coaching; and
7. Blue Zones Project implementation.

The wellness program is designed for the employers including State departments to select the portions of the program that are most beneficial to the employees. Having a wellness leader and executive management support is vital to the success of the wellness program. EUTF actively promotes workplace wellness benefits and recently developed and distributed to all EUTF employers the attached, “A Guide to Workplace Wellness Benefits.” The purpose of the guide is to increase awareness of workplace wellness benefits and encourage employers to contact EUTF for assistance in developing a workplace wellness plan. EUTF staff serve as a liaison between the medical plan carriers and wellness leader and provide advice and best practice guidance to employers. Please note that the EUTF currently has only one employee focusing 60% of her time on disease management and wellness related activities.

To date the legislature, EUTF, ERS, City and County of Honolulu, Department of Health-Labs Division, Department of Education, Hawaii Public Housing Authority, and Honolulu Community College employees have participated in portions of the EUTF wellness program totaling approximately 900 attendees. Since the distribution of the “A Guide to Workplace Wellness Benefits” in February 2017 a number of employers have

requested meetings with EUTF staff to discuss implementation of the program including the Department of the Attorney General, Department of Transportation, and the Department of Land and Natural Resources.

EUTF staff is very excited about this resolution that will hopefully spur other departments to implement wellness programs for their employees.

Thank you for the opportunity to testify.

EUTF EMPLOYER AND UNION GROUPS: A GUIDE TO WORKPLACE WELLNESS BENEFITS

January 2017



**Employer-Union Health Benefits Trust Fund
201 Merchant Street, 17th Floor
Honolulu, Hawaii 96813**

Did you know there are a number of workplace wellness programs that are included in the EUTF medical plan benefits that can be implemented statewide and on-site at the workplace?

The purpose of this guide is to:

- ◆ Increase awareness of the workplace wellness benefits that are included in EUTF's benefit plans;
- ◆ Describe the wellness plan benefits available to employer and union groups; and
- ◆ Encourage employers to contact EUTF to develop a plan to provide on-site wellness activities for employees.

Why promote wellness programs at the workplace?

On average, Americans working full-time spend more than one-third of their day, five days per week at the workplace. The workplace is an important setting for health promotion and disease prevention programs.

Workplace wellness takes advantage of employers' access to and relationships with employees at an age when interventions can still change their long-term health trajectory.



Implement Workplace Wellness Activities in 2017!

EUTF will work with employers in collaboration with our contracted health plans to design a workplace wellness plan that meets your needs and resources.

Wellness plans are designed to include activities provided by all of our medical plan carriers to ensure all employees, regardless of health plan, have an opportunity to participate in a wellness program offered at the workplace.

Implementing a workplace wellness program is voluntary.

Employers are encouraged to assess their resources and aim to do what they can to offer wellness activities.

You may want to start out by offering just one or two activities this year to assess employee interest and resource capabilities.

EUTF provides support to coordinate wellness plan meetings to develop a single plan to include activities provided by all our medical plan carriers.

EUTF will share experiences, tools and lessons learned from our employers who have implemented a wellness plan.

EUTF provides ongoing evaluation of wellness program activities implemented to ensure programs meet the needs of our employers and employees.

Workplace Wellness Benefits

- The following benefit programs are provided statewide, at no cost, to employers to implement at the workplace.
- Most activities require a minimum number of participants to be signed-up prior to delivery of a program.
- Implementing a wellness activity will require a coordinator at the employers' worksite to work with EUTF and the health plan carriers to ensure smooth implementation of wellness activities.

Health Assessment

The medical plan carriers will come to the workplace with computer tablets and provide on-site support, in a group setting, to help employees complete an online health assessment.

RealAge Test - Coming Soon in April 2017

HMSA's Sharecare RealAge Test is a clinically validated health risk assessment that can help you to independently predict your lifespan. It evaluates your eating, exercise, and sleep habits, along with your family history, behaviors, and existing conditions, and provides you with your resulting RealAge. After completing the test, you can receive customized information on how to change behavior to achieve a younger RealAge.

Total Health Assessment

Kaiser Permanente's Total Health Assessment is an online questionnaire designed to help you examine the many factors currently affecting your health and prioritize lifestyle changes that can help you live healthier. You will receive a summary of your results upon completion and be able to participate in the healthy lifestyle program with nine health topics to choose from. You will have the option to save your results to your electronic medical record and discuss next steps with your personal physician.

A health risk assessment, typically done online, is a set of questions that engage and inform the participant and motivate the individual toward healthy behaviors.

Workplace Wellness Benefits

Health Screening Programs

Health screening programs target employees who are on-site at an employer location. Screenings are done in a confidential setting at the workplace.

Biometrics

The primary focus of the HMSA biometric screening program is for members to receive and understand key metrics relating to their health. The test is administered by a trained examiner either a phlebotomist or nurse. The process takes about 10-15 minutes to complete and includes the following measures:

- Blood pressure
- Total and HDL cholesterol levels
- Blood glucose level
- Height/weight, BMI and waist circumference

Closing your care gaps

The "Care gaps program" offers Kaiser Permanente members the convenience of an on-site visit with a registered nurse. This 15-30 minute appointment provides information that is saved in the member's medical record. The program includes:

- A review the member's medical record
- Updates to blood pressure, height, weight, and BMI
- Scheduling of overdue preventive screenings and appointments with healthcare providers
- Providing immunizations
- Answering questions about health matters

What employees say about why they participated in the on-site screening program:

"I haven't seen my doctor in a while, so I thought I'd at least do this at a minimum."

"More convenient than typical process."

"To get a snapshot of my current health."

"To find out my cholesterol level."

"Office co-worker recommended."

Workplace Wellness Benefits

Health Education Classes

Health education classes are provided to employers statewide by our medical plan carriers. Choose from a variety classes delivered at your workplace. Most classes can be tailored to meet your time needs.

Topics are numerous such as:

- ◇ Nutrition
- ◇ Healthy aging
- ◇ Wellness 101
- ◇ Smoking cessation
- ◇ Stress management
- ◇ Ergonomics
- ◇ Physical activity and exercise
- ◇ Disease awareness
- ◇ Understanding diabetes
- ◇ Positive psychology
- ◇ Brain fitness
- ◇ Back Fitness and injury prevention
- ◇ Weight awareness
- ◇ Healthy sleep *and more...*

Note: Not all education classes are available on all islands.

Health education class catalogs are located on the EUTF website <http://eutf.hawaii.gov/>

We are finding that between 50-89% of the employees who participate in health education classes state they are motivated to consider making at least one lifestyle change after attending an education class.



Workplace Wellness Benefits

HMSA's Blue Zones Project

Many of us spend the majority of our day at work – so having healthy choices at our workplace is key.

It has been found that implementing Blue Zones Project at the workplace inspires employees to be happier and more productive at work. A healthier employee costs less, too. When workers feel better and more connected to their colleagues, they miss less work, make greater contributions, and have lower healthcare costs.

There are six pillars of worksite well-being that have been identified as foundational to shape the workplace environment to support health. Each of the six pillars includes pledge actions based on best practices. Employers will choose pledge actions that work best for their workplace wellness goals.

Employers wishing to achieve Blue Zones approved status will be encouraged to gather a team of employees to meet with a Blue Zones Project team member. You will learn about tools and resources available to support becoming a Blue Zones Project approved worksite.

The six workplace pledge areas include:

1. Leadership
2. Purpose
3. Habitat/Physical Environment
4. Engagement/Creation of Social Networks
5. Policies & Benefits
6. Well-Being Solutions

Blue Zones is a benefit included in the EUTF medical plans provided by HMSA and is available to all EUTF employers at no cost.

If you would like more information on becoming a Blue Zone Project Worksite email HMSA at EUTFWellbeing@hmsa.com.

Information Sessions

EUTF and the health plan carriers provide on-site presentations designed to improve employees' knowledge of health plan benefits.

Two information sessions are available:

Understanding your EUTF Health Benefits

This 40 minute presentation, provided by EUTF, helps employees understand:

- Health insurance terms and definitions
- The different medical and prescription drug plans
- What to consider when selecting a health plan
- Why healthcare premiums are so high and why they keep going up
- How to use the premium calculator to compare benefit plans
- Health & wellness benefits included in the health plans and more ...

Access and Begin Using Online, Mobile and Telephonic Health and Wellness Benefits

This 40 minute presentation, provided by the health plans, is designed to provide awareness of the various methods to access health and wellness benefit programs.

- A demonstration of online resources will be provided including finding a doctor, locating healthy lifestyle classes online or in the community, how to access care using online doctors.
- You will learn the benefits of completing the online health assessment and how to directly access a health coach to support stress reduction, weight management and other health goals.
- Mobile applications will be demonstrated to ensure you know how to access the latest technology to help manage care and prescription drug benefits.

Wellness Plans are tailored to your needs and are designed to offer one activity or a series of activities throughout the year.

The goal of the wellness program is to encourage healthy behaviors through the utilization and promotion of health benefits that provide activities to increase health awareness among employees.



Employers select the number and type of activities to offer at the workplace for example:

Wellness Activity	1-2 activities per year	Quarterly activities per year	Six activities per year	More than six per year
Information session: Understanding your EUTF benefits		X	X	X
Information session: Using your online, mobile and telephonic benefits			X	X
Screening programs: Biometrics/Care gap screening	X	X	X	X
Health assessment: Real Age Test/Total Health Assessment	X	X	X	X
Health education class: e.g. Stress Reduction			X	X
Health education class: e.g. Healthy Aging				X
Health education class: e.g. Healthy Eating		X	X	X
Health Challenge (customized)				X
Blue Zones Project	An ongoing program, including the implementation of a number of best practices, to shape the workplace environment, to support improved health. See page 7 of this guide.			

For more information about workplace wellness benefits or to start planning a worksite wellness program please contact:

EUTF

Linda Green

Department of Budget and Finance

Employer-Union Health Benefits Trust Fund

201 Merchant Street, 17th Floor

Honolulu, HI

808-586-7390 x62177

linda.l.green@hawaii.gov

To obtain a copy of this guide along with useful resources and tools for employers please visit the EUTF website

<http://eutf.hawaii.gov/>

Health and Wellness—Employers

EUTF Medical Plan Providers:

HMSA EUTFWellbeing@hmsa.com

Kaiser Permanente Healthworks.hawaii@kp.org



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March 28, 2017

The Honorable Della Au Belatti, Chair
House Committee on Health

The Honorable Aaron Ling Johanson, Chair
House Committee on Labor and Public Employment

Re: HCR 159 - Encouraging State Departments and Agencies to Implement Worksite Wellness Programs

Dear Chair Au Belatti, Chair Johanson, and Members of the Committees:

The Hawaii Medical Service Association (HMSA) appreciates the opportunity to testify on HCR 159, which encourages the implementation of worksite wellness programs in State departments and agencies. HMSA supports this Resolution.

HMSA believes that creating an environment that promotes health and wellness is critical to our effort to create an efficient and effective health care system. HMSA's Mahie 2020 plan envisions a healthcare system where HMSA serves as a catalyst to realize a sustainable community system that advances the health and well-being goals of the community. Our Blues Zones program, for example, is an effort to establish Blue Zones-designated communities throughout the State in which neighbors, schools, businesses, and civic leaders create a neighborhood environment conducive to a healthy lifestyle.

Critical to our mission is the engagement of employees in their own health and wellbeing. U.S. employers—and their employees—pick up the tab for a significant portion of health care costs, the largest portion of which is associated with potentially modifiable lifestyle-related chronic illnesses (e.g., smoking, obesity, diabetes). To address this, employers and health plans have developed an intense interest in implementing results-oriented wellness programs in the workplace. HMSA has been actively promoting employee engagement in their health and wellbeing, not only within HMSA and with our member-businesses, but with the business community at large. And we have partnered with the Hawaii Business Roundtable to encourage businesses to support workplace wellness programs that promote healthy lifestyles for employees.

Having State government agencies actively endorse workplace wellness initiatives for their employees not only is desirable, it is an imperative. While ultimately benefitting the employees, a healthier and well-balanced workforce improves the workplace environment and saves the government's long-term healthcare expenditures.

Thank you for allowing us to testify in support of HCR 159.

Sincerely,

Mark K. Oto
Director, Government Relations



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March 25, 2017

Rep. Della Au Belatti, Chair
House Committee on Health

Rep. Aaron Ling Johansen, Chair
House Committee on Labor & Public Employment

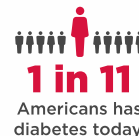
RE: IN SUPPORT OF HCR 159

The American Diabetes Association (ADA) supports legislative bills intended to improve overall community health, in this respect encourage wellness in the workplace. Investing in education, behavior change, and a supportive culture of wellness can lead to short and long-term improvements in employee health and productivity and we ask your committee(s) to support this resolution.

The ADA provides community and corporate wellness programs throughout the State of Hawaii; we offer our Stop Diabetes @ Work Program to assist in the implementation of HCR 159 in efforts to reduce the burden of diabetes, prediabetes and other chronic diseases in Hawaii.

Mahalo nui loa,

LJ Duenas
Director, Hawaii
American Diabetes Association



Every 23 seconds, someone in the United States is diagnosed with diabetes.

More than 18,000 youth are diagnosed with type 1 diabetes every year.



American Heart Association testimony in support of HCR 159, Encouraging State departments and agencies to implement worksite wellness programs

The American Heart Association supports HCR 159.

Despite spending more on healthcare than any other country in the world, America's health lags behind other peer nations. According to the Centers for Disease Control and Prevention (CDC), approximately half of all American adults have a chronic disease, and we spend more than eight out of every 10 dollars treating people with chronic conditions – many of them preventable. Worryingly, more than one in four Americans have multiple, concurrent chronic conditions, and these people suffer from suboptimal health outcomes and incur rising healthcare expenses.

Many people believe that the majority of costs are incurred by treating the elderly, however, spending on working adults accounts for two-thirds of healthcare costs. What's more, people don't know how unhealthy they are. According to a recent survey conducted by the American Heart Association and Nielsen, three-quarters of employees report being in good or very good health, yet nearly half of those employees also report being diagnosed with a chronic illness. This isn't just a medical and public health crisis, it is also an economic crisis. Researchers at the Vitality Institute cite three key ways an unhealthy workforce undermines America's ability to compete in the global economy:

- Employees may be unable to work because of their own poor health, or have to leave the workforce to care for a sick relative.
- Employers must concurrently manage increased absenteeism and lower productivity with skyrocketing healthcare costs.
- For America as a nation, rising healthcare costs reduce other critical investments, including education, defense and infrastructure.

Thankfully, America's employers increasingly view health and well-being programs as a strategic imperative rather than an added benefit. Approximately half of all employers with 50 or more employees offer workplace health and wellness programs. Furthermore, more than three-quarters of U.S. employers say they plan to increase support for health and productivity programs over the next two years. The decision to invest in the health of employees has an additional benefit for their families and the communities where they live, potentially creating far-reaching benefits for the company. Employers report numerous benefits from these programs, including improved employee health, lower healthcare cost trends and increased employee satisfaction.

However, not all employee health programs have yielded these results, which has generated negative publicity and created doubt about the effectiveness of workplace wellness programs. While many employers offer workplace health programs, not all of them are truly comprehensive. The CDC defines a workplace wellness program as comprehensive if it meets five criteria:

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free of cardiovascular
diseases and stroke."*

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Please remember the American Heart Association in your will.





1. Health education focused on skill development and lifestyle behavior change
2. Supportive social and physical environments
3. Integration of a workplace program into an organization's benefits
4. Links between health promotion and related programs like employee health and safety
5. Health risk screenings followed by education and counseling

To yield positive results, a workplace health program not only needs to be comprehensive, it also has to be fully implemented and rigorously evaluated. A 2015 advisory from the AHA issued a set of recommendations to optimize workplace health using a common set of measures to recognize workplace health programs. The AHA offers a free Workplace Health Playbook designed to help employers address challenges with comprehensive, credible and actionable advice about what works in workplace health.

The American Heart Association stands ready to support the State of Hawaii's commitment to offer its employees comprehensive worksite wellness programs. The AHA urges legislators to support HCR 159 as a first step toward implementation of worksite wellness programs across all State departments and agencies.

Respectfully submitted,

Don Weisman
Hawaii Government Relations Director

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free of cardiovascular
diseases and stroke."*

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Please remember the American Heart Association in your will.





HCR 159 - Encouraging State Department and Agencies to Implement Worksite Wellness Programs

Date of Hearing: Tuesday, March 28th, 2017, 11:15am, State Capitol

Testimony submitted by: Terri Levins Dietz, owner of WYAO Hawaii Corporate Wellness, LLC

Date submitted: Monday, March 26, 2017

Currently Hawaii has 600,000 people that are prediabetic or diabetic (American Diabetes Association, Hawaii, 2017). And many of the 600,000 don't even know they have the disease. The average age when **inactivity** starts is age 6! Obesity is currently outweighing normal weight for the first time in history. And the US has some of the best health care in the world, yet we are by far overall a country that is unhealthy.

Throughout time, we as a culture, have taken exercise, movement, and healthier choices out of our vocabulary and replaced it with technology, laziness and choices that illicit an immediate effect. We are at a critical tipping point to change the trajectory of this culture and mindset. To do this, starts with awareness, then the conscious choice to make a change and the understanding we are affecting behaviors, which in return, affects lifestyle quality. A lifestyle change is not made with one workout at the gym or one worksite 'lunch and learn', but through constant intervention, nudges, support, community, camaraderie and accountability. Wellness is a practice that is worked into our entire day and something that affects our entire being, every day. A large part of our day is spent at the workplace, sitting at a desk with lack of movement or activity.

Over the last few years, through work in collaboration with the American Diabetes Association, as the Wellness Director for a local health insurance company, working as a fitness professional and now currently owning my own corporate wellness company, I have seen the impact small, consistent steps make in the overall health and wellness of an employee and the positive effect it has on the company culture and productivity, as well as its sustainability. I implore all of us to look at the importance of making worksite wellness part of every company's culture. In doing so, this will help create a sustained culture of wellness. In return there will be one less person diagnosed with a disease that could have been easily prevented with regular activity and healthier food choices. The time is now (not tomorrow or next year), to start getting our islands healthier.

Terri Levins Dietz, BS. Exercise Physiologist
Owner of WYAO Hawaii Corporate Wellness, LLC
808-772-8222

Terri@Wyaohawaii.com

www.wyaohawaii.com



Date: March 27, 2017

To: The Honorable Della Au Belatti, Chair
The Honorable Clarence Nishihara, Vice Chair
Members of the House Committee on Health

The Honorable Aaron Ling Johanson, Chair
The Honorable Daniel Holt, Vice Chair
Members of the House Committee on Labor and Public Employment

From: Trish La Chica, Policy and Advocacy Director, Hawai'i Public Health Institute

Re: **Strong Support of HCR159**

Hrg: March 28, 2017 at 11:15am at Conference Room 329

Thank you for the opportunity to testify in **strong support** for HCR159, encouraging state departments and agencies to implement worksite wellness programs.

Created by the legislature in 2012, the Obesity Prevention Task Force is comprised of over 20 statewide organizations, and works to make recommendations to reshape Hawai'i's school, work, community, and health care environments, making healthier lifestyles obtainable for all Hawai'i residents. The Hawai'i Public Health Institute (HIPHI) convenes the Task Force and supports and promotes policy efforts to create a healthy Hawai'i.

Hawaii workers spend majority of their waking hours at their place of work. Unfortunately, these long hours frequently contribute to poor health: desk jobs lead to physical inactivity, workplace stress can lead to poor sleep, poor dietary choices, and maintaining unhealthy behaviors such as smoking. Wellness programs in the workplace present a valuable opportunity for health promotion: scientific studies show that when done right, workplace health promotion and disease prevention programs can improve the health of employees, reduce healthcare costs, increase productivity, and produce a positive return-on- investment (ROI), resulting in a win-win for employees and employers.

Effective wellness initiatives needs support, leadership, as well as commitment from the employer and employees so it can be integrated into an agency's culture. Executive management do not know where to start or often lack the time to focus on initiatives to promote a healthy workforce. HCR159 helps by identifying a wellness leader that could spearhead the design, implementation, and evaluation of workplace health promotion programs.

Approved in October 2014, the Department of Human Resources and Development's Policy No. 801.001 authorizes and encourages state agencies to create and worksite wellness initiatives in the workplace. HCR159 would extend this initiative across all state agencies and departments to create a culture of health for all state employees.

We ask the legislature to pass HCR159 to benefit all state agencies and departments. Effective wellness programs help to improve productivity, enhance employee morale and organizational commitment, reduce turnover, and reduce absenteeism. Further, promoting wellness programs helps to curb health care costs.

Thank you for the opportunity to testify. We strongly support HCR159 and respectfully ask you to pass this out of committee.

Mahalo,

A handwritten signature in black ink, appearing to read "Trish".

Trish La Chica
Policy and Advocacy Director

kobayashi2 - Jessi

From: bmih@everyactioncustom.com on behalf of Bryan Mih
<bmih@everyactioncustom.com>
Sent: Sunday, March 26, 2017 3:09 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

I strongly support HCR 159, encouraging state departments and agencies to implement worksite wellness programs. Hawai'i residents are becoming more and more health conscious. Yet longer work days, higher stress, and managing multiple tasks makes it difficult to find time to act on wellness goals. This is why creating an onsite wellness program is important, because a majority of an employee's time is spent in the workplace.

In 2014, the Department of Human Resources and Development approved Policy No. 801.001, a Worksite Wellness policy that authorizes and encourages state agencies to develop activities and modify work environments and policies to support the health and well-being of State employees. Worksite initiatives include healthy eating, physical activity, tobacco and nicotine cessation, and stress management. Activities can include offering health assessments, promoting the use of stairs instead of the elevator, providing health options during meetings, and having onsite "lunch and learns."

Effective wellness initiatives need support, leadership, as well as commitment from the employer and employees so it can be integrated into an agency's culture. This measure appoints a wellness leader in each state department and agency to work with executive management to design a worksite wellness infrastructure and take responsibility over implementation and evaluation to ensure the best possibility of long term success.

This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Bryan Mih
1944 Naniu Pl Honolulu, HI 96822-1758
bmih@hawaii.edu

kobayashi2 - Jessi

From: Jenhausler@everyactioncustom.com on behalf of Jennifer Hausler
<Jenhausler@everyactioncustom.com>
Sent: Monday, March 27, 2017 1:53 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Jennifer Hausler
1429 Kuloko St Kuloko Pearl City, HI 96782-1948 Jenhausler@hotmail.com

kobayashi2 - Jessi

From: theofficemaui@everyactioncustom.com on behalf of Jennifer Gladwin
<theofficemaui@everyactioncustom.com>
Sent: Sunday, March 26, 2017 8:05 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Jennifer Gladwin
250 Alamaha St Kahului, HI 96732-2496
theofficemaui@gmail.com

kobayashi2 - Jessi

From: jtsark@everyactioncustom.com on behalf of Joann Tsark
<jtsark@everyactioncustom.com>
Sent: Sunday, March 26, 2017 10:45 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Joann Tsark
1669 Palolo Ave Apt B Honolulu, HI 96816-6223 jtsark@imihale.org

From: mailinglist@capitol.hawaii.gov
Sent: Friday, March 24, 2017 4:38 PM
To: HLTtestimony
Cc: joyamarshall0416@gmail.com
Subject: *Submitted testimony for HCR159 on Mar 28, 2017 11:15AM*

HCR159

Submitted on: 3/24/2017

Testimony for HLT/LAB on Mar 28, 2017 11:15AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Joy Marshall	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

Do not reply to this email. This inbox is not monitored. For assistance please email webmaster@capitol.hawaii.gov

kobayashi2 - Jessi

From: levin@everyactioncustom.com on behalf of Mark Levin
<levin@everyactioncustom.com>
Sent: Sunday, March 26, 2017 5:29 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Mark Levin
2515 Dole St Honolulu, HI 96822-2350
levin@hawaii.edu

kobayashi2 - Jessi

From: patriciablair@everyactioncustom.com on behalf of Patricia Blair
<patriciablair@everyactioncustom.com>
Sent: Sunday, March 26, 2017 3:25 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Patricia Blair
25 Aulike St Kailua, HI 96734-2746
patriciablair@msn.com

kobayashi2 - Jessi

From: pat.fleckconsulting@everyactioncustom.com on behalf of Patricia Fleck
<pat.fleckconsulting@everyactioncustom.com>
Sent: Sunday, March 26, 2017 1:39 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

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I strongly support HCR 159 and ask you to pass this out of committee.

Respectfully Submitted,

Patricia Fleck
Kailua-Kona, HI

Sincerely,

Patricia Fleck

77 -215 Hoowaiwai Ct Kailua Kona, HI 96740-4449 pat.fleckconsulting@hawaiiantel.net

kobayashi2 - Jessi

From: shay.chanhodges@everyactioncustom.com on behalf of Shay Chan Hodges
<shay.chanhodges@everyactioncustom.com>
Sent: Sunday, March 26, 2017 3:29 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Shay Chan Hodges
37 Puu Koa Pl Haiku, HI 96708-5117
shay.chanhodges@gmail.com

kobayashi2 - Jessi

From: vau@everyactioncustom.com on behalf of Valerie Au <vau@everyactioncustom.com>
Sent: Sunday, March 26, 2017 3:03 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Valerie Au
C/O Uha Honolulu, HI 96813
vau@uhahealth.com

kobayashi2 - Jessi

From: maren.anka@everyactioncustom.com on behalf of Maren Anka
<maren.anka@everyactioncustom.com>
Sent: Sunday, March 26, 2017 6:49 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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In 2014, the Department of Human Resources and Development approved Policy No. 801.001, a Worksite Wellness policy that authorizes and encourages state agencies to develop activities and modify work environments and policies to support the health and well-being of State employees. Worksite initiatives include healthy eating, physical activity, tobacco and nicotine cessation, and stress management. Activities can include offering health assessments, promoting the use of stairs instead of the elevator, providing health options during meetings, and having onsite "lunch and learns."

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Maren Anka
75 KEKONA PI Makawao, HI 96768
maren.anka@gmail.com

kobayashi2 - Jessi

From: angelraybpc@everyactioncustom.com on behalf of Angelina Mercado
<angelraybpc@everyactioncustom.com>
Sent: Saturday, March 25, 2017 11:23 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Angelina Mercado
2930 Laelae Way Honolulu, HI 96819-2920 angelraybpc@gmail.com

kobayashi2 - Jessi

From: antonitavilla@everyactioncustom.com on behalf of Antonita Villa
<antonitavilla@everyactioncustom.com>
Sent: Saturday, March 25, 2017 5:13 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Antonita Villa
75 -689 S Mea Lanakila Pl Kailua Kona, HI 96740-7914 antonitavilla@gmail.com

kobayashi2 - Jessi

From: dneubert18@everyactioncustom.com on behalf of Diane Neubert <dneubert18@everyactioncustom.com>
Sent: Saturday, March 25, 2017 10:55 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Diane Neubert
78 -7030 Alii Dr Apt 201 Kailua Kona, HI 96740-2502 dneubert18@yahoo.com

kobayashi2 - Jessi

From: ellentrain@everyactioncustom.com on behalf of Ellen Train
<ellentrain@everyactioncustom.com>
Sent: Saturday, March 25, 2017 4:39 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

I strongly support HCR 159, encouraging state departments and agencies to implement worksite wellness programs. Where I use to work our HR dept. made our store very health conscious. It really helped. They had the support of the main office. Every workplace needs a wellness program. Gov't. workplaces are where to start. The idea catches on and goes throughout industry.

Hawai'i residents are becoming more and more health conscious. Yet longer work days, higher stress, and managing multiple tasks makes it difficult to find time to act on wellness goals. This is why creating an onsite wellness program is important, because a majority of an employee's time is spent in the workplace.

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Ellen Train

PO Box 511 Mountain View, HI 96771-0511 ellentrain@sbcglobal.net

kobayashi2 - Jessi

From: rarearthca@everyactioncustom.com on behalf of Erin Pinto
<rarearthca@everyactioncustom.com>
Sent: Saturday, March 25, 2017 12:28 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

I strongly support HCR 159, encouraging state departments and agencies to implement worksite wellness programs. Please pass HCR 159, it will save on health care costs and allow Hawaii residents to preserve and regain their health and an active lifestyle. This kind of program works and that's why it has been implemented in many hospitals and insurance companies.

Hawai'i residents are becoming more and more health conscious. Yet longer work days, higher stress, and managing multiple tasks makes it difficult to find time to act on wellness goals. This is why creating an onsite wellness program is important, because a majority of an employee's time is spent in the workplace.

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Effective wellness initiatives need support, leadership, as well as commitment from the employer and employees so it can be integrated into an agency's culture. This measure appoints a wellness leader in each state department and agency to work with executive management to design a worksite wellness infrastructure and take responsibility over implementation and evaluation to ensure the best possibility of long term success.

This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Erin Pinto

PO Box 790046 Paia, HI 96779-0046
rarearthca@earthlink.net

kobayashi2 - Jessi

From: fbatz@everyactioncustom.com on behalf of Forrest Batz
<fbatz@everyactioncustom.com>
Sent: Saturday, March 25, 2017 4:21 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Forrest Batz
HC 3 Box 4730 Keaau, HI 96749-8602
fbatz@sonic.net

kobayashi2 - Jessi

From: haraldebeling@everyactioncustom.com on behalf of Harald Ebeling
<haraldebeling@everyactioncustom.com>
Sent: Saturday, March 25, 2017 6:25 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

I strongly support HCR 159, encouraging state departments and agencies to implement worksite wellness programs. Actively pursuing their wellness goals is a serious challenge for employees who spend most of their time at the workplace. The reason is not only lack of time, but also the fact that our work environments are rarely conducive to our health, given longer work days, higher stress, and the need to managing multiple tasks. Creating an onsite wellness program is an excellent first step toward reversing these trends and serving Hawai'i residents who are becoming increasingly health conscious.

The basic infrastructure needed to implement the Worksite Wellness policy approved by the Department of Human Resources and Development includes support, leadership, and commitment from both employer and employees. By appointing a wellness leader in each state department and agency to work with executive management to design suitable activities and environments, HCR159 sets this important process in motion.

I strongly support this measure which stands to improve productivity and morale while reducing health-care costs, and ask you to pass HCR159 out of committee.

Sincerely,
Harald Ebeling
3171 Beaumont Woods PI Apt A Honolulu, HI 96822-6419 haraldebeling@gmail.com

kobayashi2 - Jessi

From: holly@everyactioncustom.com on behalf of Holly Kessler
<holly@everyactioncustom.com>
Sent: Saturday, March 25, 2017 12:13 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Holly Kessler
PO Box 61681 Honolulu, HI 96839-1681
holly@hollykessler.com

kobayashi2 - Jessi

From: mailinglist@capitol.hawaii.gov
Sent: Saturday, March 25, 2017 4:17 PM
To: HLTtestimony
Cc: mendezj@hawaii.edu
Subject: *Submitted testimony for HCR159 on Mar 28, 2017 11:15AM*

HCR159

Submitted on: 3/25/2017

Testimony for HLT/LAB on Mar 28, 2017 11:15AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Javier Mendez-Alvarez	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

Do not reply to this email. This inbox is not monitored. For assistance please email webmaster@capitol.hawaii.gov

kobayashi2 - Jessi

From: jcbanna@everyactioncustom.com on behalf of Jinan Banna
<jcbanna@everyactioncustom.com>
Sent: Saturday, March 25, 2017 10:54 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Jinan Banna
3029 Lowrey Ave Apt J-3017 Honolulu, HI 96822-1800 jcbanna@hawaii.edu

kobayashi2 - Jessi

From: katiapohai@everyactioncustom.com on behalf of Katia Worley
<katiapohai@everyactioncustom.com>
Sent: Saturday, March 25, 2017 9:41 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Katia Worley
141 Ainoni St Kailua, HI 96734-2138
katiapohai@gmail.com

kobayashi2 - Jessi

From: doctor.katalina@everyactioncustom.com on behalf of K. L. McGlone
<doctor.katalina@everyactioncustom.com>
Sent: Saturday, March 25, 2017 10:50 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
K. L. McGlone
PO Box 235166 Honolulu, HI 96823-3502
doctor.katalina@gmail.com

kobayashi2 - Jessi

From: Ikalahiki@everyactioncustom.com on behalf of Linda Kalahiki
<Ikalahiki@everyactioncustom.com>
Sent: Saturday, March 25, 2017 8:20 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Linda Kalahiki
44 -149 Hako St Apt 2 Kaneohe, HI 96744-2512 Ikalahiki@uhahealth.com

kobayashi2 - Jessi

From: Lisa.Andrews851@everyactioncustom.com on behalf of Lisa Andrews
<Lisa.Andrews851@everyactioncustom.com>
Sent: Saturday, March 25, 2017 12:00 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Lisa Andrews
PO Box 423 Kapaau, HI 96755-0423
Lisa.Andrews851@gmail.com

kobayashi2 - Jessi

From: mgagen@everyactioncustom.com on behalf of Marilyn Gagen
<mgagen@everyactioncustom.com>
Sent: Saturday, March 25, 2017 12:21 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Marilyn Gagen
59 -398 Ka Nani Dr Kamuela, HI 96743-8500 mgagen@gmail.com

kobayashi2 - Jessi

From: mokihiro@everyactioncustom.com on behalf of May M. Okihiro
<mokihiro@everyactioncustom.com>
Sent: Saturday, March 25, 2017 2:55 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
May M. Okihiro
46 -193 Yacht Club St Kaneohe, HI 96744-3641 mokihiro@me.com

kobayashi2 - Jessi

From: Worldmk007@everyactioncustom.com on behalf of Michael Kellar <Worldmk007@everyactioncustom.com>
Sent: Saturday, March 25, 2017 3:55 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Michael Kellar
435 Haleloa PI Apt E Honolulu, HI 96821-2251 Worldmk007@gmail.com

kobayashi2 - Jessi

From: Npheatt@everyactioncustom.com on behalf of Nan Pheatt
<Npheatt@everyactioncustom.com>
Sent: Saturday, March 25, 2017 2:18 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Nan Pheatt
75 -5919 Alii Dr Apt 23 Kailua Kona, HI 96740-1395 Npheatt@hotmail.com

kobayashi2 - Jessi

From: glow@everyactioncustom.com on behalf of Olelo Pa'a Ogawa
<glow@everyactioncustom.com>
Sent: Saturday, March 25, 2017 12:12 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Olelo Pa'a Ogawa
PO Box 385669 Waikoloa, HI 96738-0669
glow@glowhawaii.com

kobayashi2 - Jessi

From: shiramax333@everyactioncustom.com on behalf of Shira Max <shiramax333@everyactioncustom.com>
Sent: Saturday, March 25, 2017 6:09 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Shira Max
2825 3rd Ave Unit 203 San Diego, CA 92103-6250 shiramax333@yahoo.com

kobayashi2 - Jessi

From: suzmaui@everyactioncustom.com on behalf of Suzanne Fields
<suzmaui@everyactioncustom.com>
Sent: Saturday, March 25, 2017 10:49 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
Rep. Aaron Ling Johanson, Chair
Rep. Daniel Holt, Vice Chair
Members of the House Committee on Labor & Public Employment

Re: Strong Support of HCR 159
Hrg: March 28, 2017 at 11:15 am at Conference Room 329

I strongly support HCR 159, encouraging state departments and agencies to implement worksite wellness programs. Hawai'i residents are becoming more and more health conscious. Yet longer work days, higher stress, and managing multiple tasks makes it difficult to find time to act on wellness goals. This is why creating an onsite wellness program is important, because a majority of an employee's time is spent in the workplace.

In 2014, the Department of Human Resources and Development approved Policy No. 801.001, a Worksite Wellness policy that authorizes and encourages state agencies to develop activities and modify work environments and policies to support the health and well-being of State employees. Worksite initiatives include healthy eating, physical activity, tobacco and nicotine cessation, and stress management. Activities can include offering health assessments, promoting the use of stairs instead of the elevator, providing health options during meetings, and having onsite "lunch and learns."

Effective wellness initiatives need support, leadership, as well as commitment from the employer and employees so it can be integrated into an agency's culture. This measure appoints a wellness leader in each state department and agency to work with executive management to design a worksite wellness infrastructure and take responsibility over implementation and evaluation to ensure the best possibility of long term success.

This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

This action is LONG overdue. In 1978, I was responsible for creating and implementing workforce health programs and services for public employees in Massachusetts. In that effort, we initiated and sustained workforce health programs and services for the public employees of 26 state agencies in Downtown Boston.

Hawaii is extremely late to the table; this is a MUST if we ever want to have productive and healthy employees.

And on a pure financial note, if YOU support the health and wellness of employees, they will cost you less when they retire!

Do the right thing and support this bill. It's about time!

Sincerely,
Suzanne Fields
711 Haiku Rd Haiku, HI 96708-5847
suzmaui@gmail.com

kobayashi2 - Jessi

From: Maui mindfulness@everyactioncustom.com on behalf of Tanya Gabriel
<Maui mindfulness@everyactioncustom.com>
Sent: Saturday, March 25, 2017 3:20 PM
To: HLT testimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
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I strongly support HCR 159, encouraging state departments and agencies to implement worksite wellness programs. As a therapist and mindfulness instructor I can vouch for the physical and mental health benefits of wellness programs. Hawai'i residents are becoming more and more health conscious. Yet longer work days, higher stress, and managing multiple tasks makes it difficult to find time to act on wellness goals. This is why creating an onsite wellness program is important, because a majority of an employee's time is spent in the workplace.

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This measure will benefit the state by improving productivity, enhancing employee morale and organizational commitment, reducing turnover and absenteeism. Further, promoting wellness programs helps to curb health care costs.

I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Tanya Gabriel
3483 Malina Pl Kihei, HI 96753-9246
Maui mindfulness@gmail.com

kobayashi2 - Jessi

From: sistaval@everyactioncustom.com on behalf of Valerie Toro
<sistaval@everyactioncustom.com>
Sent: Monday, March 27, 2017 10:09 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Valerie Toro
251 Kahiko St Paia, HI 96779-9728
sistaval@kpoa.com

kobayashi1 - Oshiro

From: andreanich@everyactioncustom.com on behalf of Andrea Nicholls
<andreanich@everyactioncustom.com>
Sent: Monday, March 27, 2017 10:10 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
Members of the House Committee on Health
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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Andrea Nicholls
1606 S Kihei Rd Unit Kihei, HI 96753-8065 andreanich@gmail.com

kobayashi1- Oshiro

From: mailinglist@capitol.hawaii.gov
Sent: Monday, March 27, 2017 12:39 PM
To: HLTtestimony
Cc: higov@azelski.net
Subject: *Submitted testimony for HCR159 on Mar 28, 2017 11:15AM*

HCR159

Submitted on: 3/27/2017

Testimony for HLT/LAB on Mar 28, 2017 11:15AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
C. Azelski	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

Do not reply to this email. This inbox is not monitored. For assistance please email webmaster@capitol.hawaii.gov

kobayashi1 - Oshiro

From: haunansi@everyactioncustom.com on behalf of Haunani lao
<haunansi@everyactioncustom.com>
Sent: Monday, March 27, 2017 3:10 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Haunani lao
664 Lauie Dr Kula, HI 96790-7218
haunansi@gmail.com

kobayashi1 - Oshiro

From: mrahmer@everyactioncustom.com on behalf of Mealani Rahmer
<mrahmer@everyactioncustom.com>
Sent: Monday, March 27, 2017 3:07 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
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Rep. Aaron Ling Johanson, Chair
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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Mealani Rahmer
PO Box 1455 Pahoia, HI 96778-1455
mrahmer@bayclinic.org

kobayashi1 - Oshiro

From: selene.legare@everyactioncustom.com on behalf of Selene Legare
<selene.legare@everyactioncustom.com>
Sent: Tuesday, March 28, 2017 2:13 AM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Selene Legare
411 Kamalei Cir Kahului, HI 96732-3204
selene.legare@gmail.com

kobayashi1 - Oshiro

From: tami@everyactioncustom.com on behalf of Tami MacAller
<tami@everyactioncustom.com>
Sent: Monday, March 27, 2017 1:36 PM
To: HLTtestimony
Subject: Strong Support of HCR 159

Dear House Committee on Health,

Date: March 25, 2017

To: Rep. Della Au Belatti, Chair
Rep. Bertrand Kobayashi, Vice Chair
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I strongly support HCR 159 and ask you to pass this out of committee.

Sincerely,
Tami MacAller
75 -6111 Kaanee Pl Kailua Kona, HI 96740-7958 tami@hiphi.org