

Fourth Medical Study of Cooperative Exercise (M4)

Where: Hilo Health Cooperative

1717 Kamehameha Avenue, Hilo HI 96720

When: Orientation 10AM-12 noon, May 13, 2017

What: 36 SMART exercise classes required, 12 weeks (3X per week)

Why: Developing evidence based data on cooperative exercise classes to improve strength, endurance, mobility, biological age (help people get younger), and people's LQ (Life Quality).

How: To register for M4: email office@hilohealth.coop

Proven Results

77% of M1 study participants completed all 36 exercise classes

On average, M1 study participants got 8 years younger

M4 participants medically measurable benefits included body fat reduction, muscle tone improvement, improved joint mobility, and coordination, and improved LQ (Life Quality).

Who may participate

- Age: the majority of the participants fall between the ages of 40-65 years old, although we have had participants as young as 17 and as old as 79.
- Fitness Level: we welcome all people, but prefer people who are able to walk 400 meters in under 4 minutes. We have Beginner, Intermediate and Advanced level classes available. We also have high intensity classes (CORE) and low intensity classes (MQ-Medical QiGong).
- Commitment: we are looking for people who are committed to help themselves improve their health by showing up for all 36 class sessions.
- Health Co-op Member: If you are a current member, you can sign up for the M4 as part of your regular membership.

Study Cost



Optimum Health Assessment before/after the study: \$50 payable at first assessment/\$50 payable at second assessment.

The assessment measures 45 different medical metrics, and determines the right cooperative exercise program for you. 30 minutes. Come prepared for a 400 meter walk/run on beautiful Banyan Drive.



Cooperative Exercise Classes: \$95 per month. Payable monthly.

You may choose to participate in any of the high intensity or low intensity classes. Over 30 classes offered per week, 7 days per week. 6AM-6:30PM



Optional Program WholeLifeChallenge.com \$25 one time fee (8 week program within the 12 week M4 program)

An online optional program, which we play as a team. WLC offers three different levels of nutrition programs, weekly lifestyle activities in a fun, online game format with lots of support from your team mates and many resources to help you learn more about how to improve your health.



Extra Medical Metrics Assessments: \$25 one time fee for before/after measurements during assessment. Payable at first assessment.

Cholesterol analysis, Blood pressure, Oxygenated blood analysis (SpO2).

About the Hilo Health Cooperative: the first not for profit consumer cooperative fitness center in the U.S.. This innovative model in preventive healthcare, is being developed with the support of the East Hawaii Independent Physicians Association.

Contact US:
Hilo Health Cooperative
1717 Kamehameha Ave, Hilo HI 96720
office@hilohealth.coop
[facebook.com/HiloHealth](https://www.facebook.com/HiloHealth)
www.hilohealth.coop





ORIENTATION: 10 AM – 12 PM

DATE: MAY 13, 2017

LOCATION: 1717 Kamehameha Ave., Hilo

REGISTER: Contact Grif Frost
office@hilohealth.coop
808-315-7420

Name _____

MEDICAL STUDY #4

- ❖ Developing evidence-based data on cooperative exercise classes to improve strength, endurance, mobility, biological age (help people get younger), and people's LQ (Life Quality)
- ❖ 36 SMART exercise classes required, 12 weeks (3x per week)



ORIENTATION: 10 AM – 12 PM

DATE: MAY 13, 2017

LOCATION: 1717 Kamehameha Ave., Hilo

REGISTER: Contact Grif Frost
office@hilohealth.coop
808-315-7420

Name _____

MEDICAL STUDY #4

- ❖ Developing evidence-based data on cooperative exercise classes to improve strength, endurance, mobility, biological age (help people get younger), and people's LQ (Life Quality)
- ❖ 36 SMART exercise classes required, 12 weeks (3x per week)





Hilo Transcription

Reliable, secure, and professional.

Hilo Medical Transcription Service can provide your clinic with superior quality medical transcription at affordable rates.

And we're willing to let you experience our services for one week ... at no cost, with no obligation.

Call today to learn more!

(808) 785-3438

- Experienced
- Reliable
- Professional
- Economical
- Committed to excellence!



Hilo Transcription

Hilo Transcription

47 Pana'ewa St.
Hilo, HI 96720
(808) 785-3438
thayray@gmail.com

**Hilo Medical
TRANSCRIPTION
SERVICE**

24-hour turnaround, error-free.

Hilo Transcription

(808) 785-3438

Give Us a Try For One Week!

Hilo Transcription is currently offering one week of unlimited transcription service to area clinics that want to consider making us their transcription provider – for **no charge**, with **no obligation**.

You can use this week to assess costs and benefits to your clinic. Whether or not you choose to remain with us, your first week is free.

WHY HILO TRANSCRIPTION?

Our close proximity allows us to provide you with faster, more personalized service. We can pick up and deliver analog materials every workday. Or we can of course transfer electronic files via email, fully encrypted. But we are always nearby and easily reachable.

We share your goal of reducing costs. Outsourcing transcription frees up time for care providers to spend more time with their patients. Everybody benefits!

IS PATIENT PRIVACY ASSURED?

Patient privacy is fully assured! We can encrypt files so completely that even the NSA could (probably) never access them. We can offer your office multiple options and layers of protection. We'll provide you with all necessary hardware and software and train your office staff to handle confidential files securely.

HOW LONG DOES IT TAKE?

Normally we deliver 24-hour turnaround or faster. In many cases you will receive completed transcripts within a few hours. Stat reports can be obtained much more quickly, sometimes within minutes. And there is no extra charge for stat reports.

HOW MUCH WILL IT COST?

Our clients are billed at 12 cents per 65-character line. Line counts are calculated by counting all characters in a document and dividing by 65.

But we can do more to help you cut costs by coaching care providers to take over more of their own transcription when it is cost-effective. Ask us how we can do this.

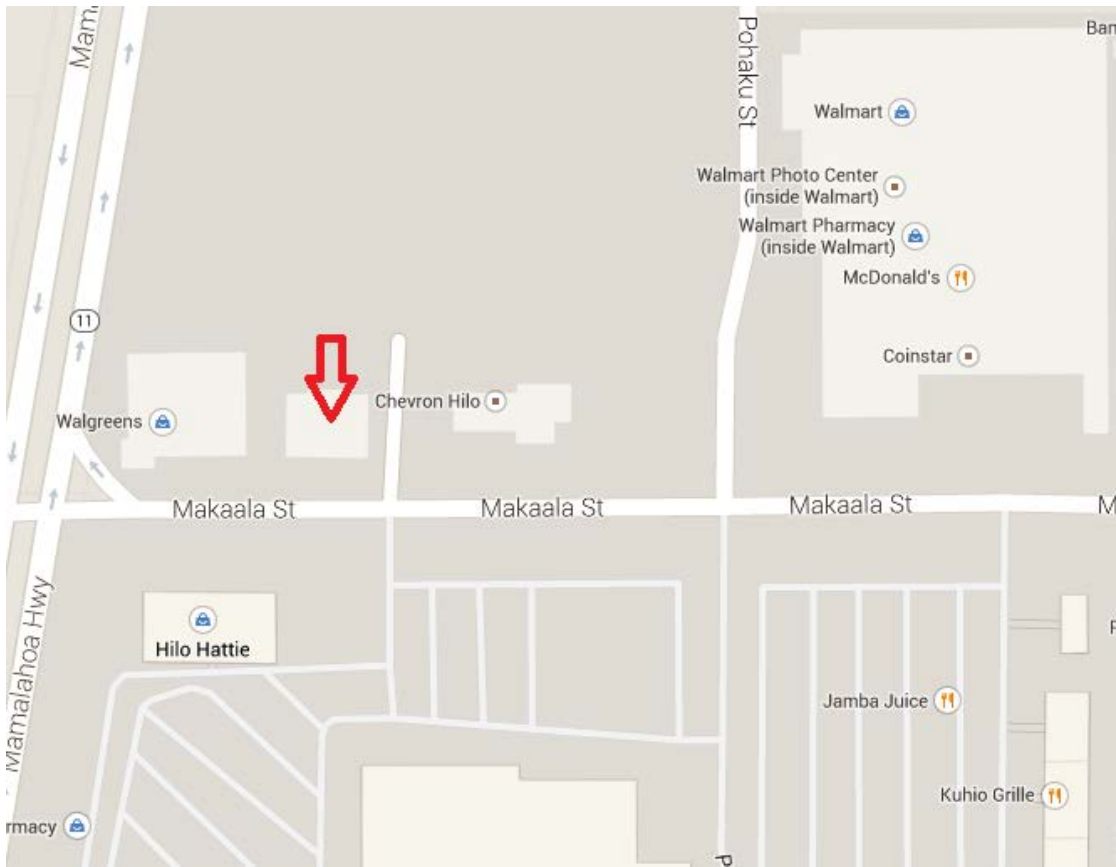
HOW DO WE BEGIN?

Just call me. I'm Ray Newman, owner of Hilo Transcription. You won't need to purchase anything as I'll provide you with the equipment and any software you'll need.



**Hilo Medical
Transcription Service
47 Pana'ewa Street
Hilo, HI 96720
(808) 785-3438
thayray@gmail.com**

Directions to HMSA Center @ Hilo



1. From Kanoelehua Ave. turn onto E. Maka'ala St. (next to Walgreens)
2. Turn left into the Walgreens parking lot before the Chevron gas station
3. The HMSA Neighborhood Center is located immediately to your left
4. You may park in front of the HMSA Neighborhood Center.

Aloha Kidney

2017 class series offered: May, Sept

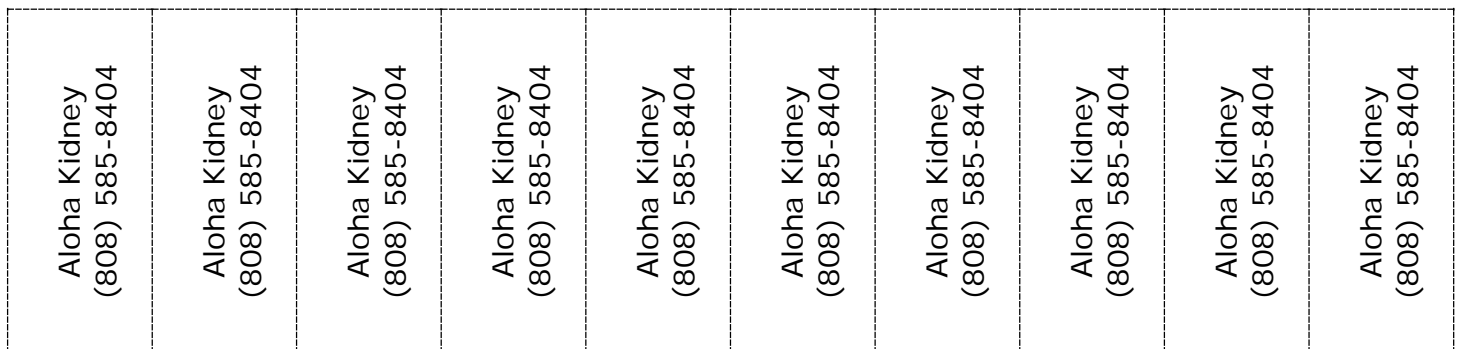
With	Ramona Wong MD Nephrologist	What	6 weekly classes, 2 ½ hours each
Where	HMSA Kona Office Crossroads Prof Cntr 75-1029 Henry St. #301	When	1 – 3:30 pm Thursday afternoons
Who	Anyone interested in, at risk for, or with CKD, GFR less than 60 or extra protein in urine	Bring	Pen, a family or friend who loves you (one who buys/cooks the food)
		Cost	No cost

What we talk about

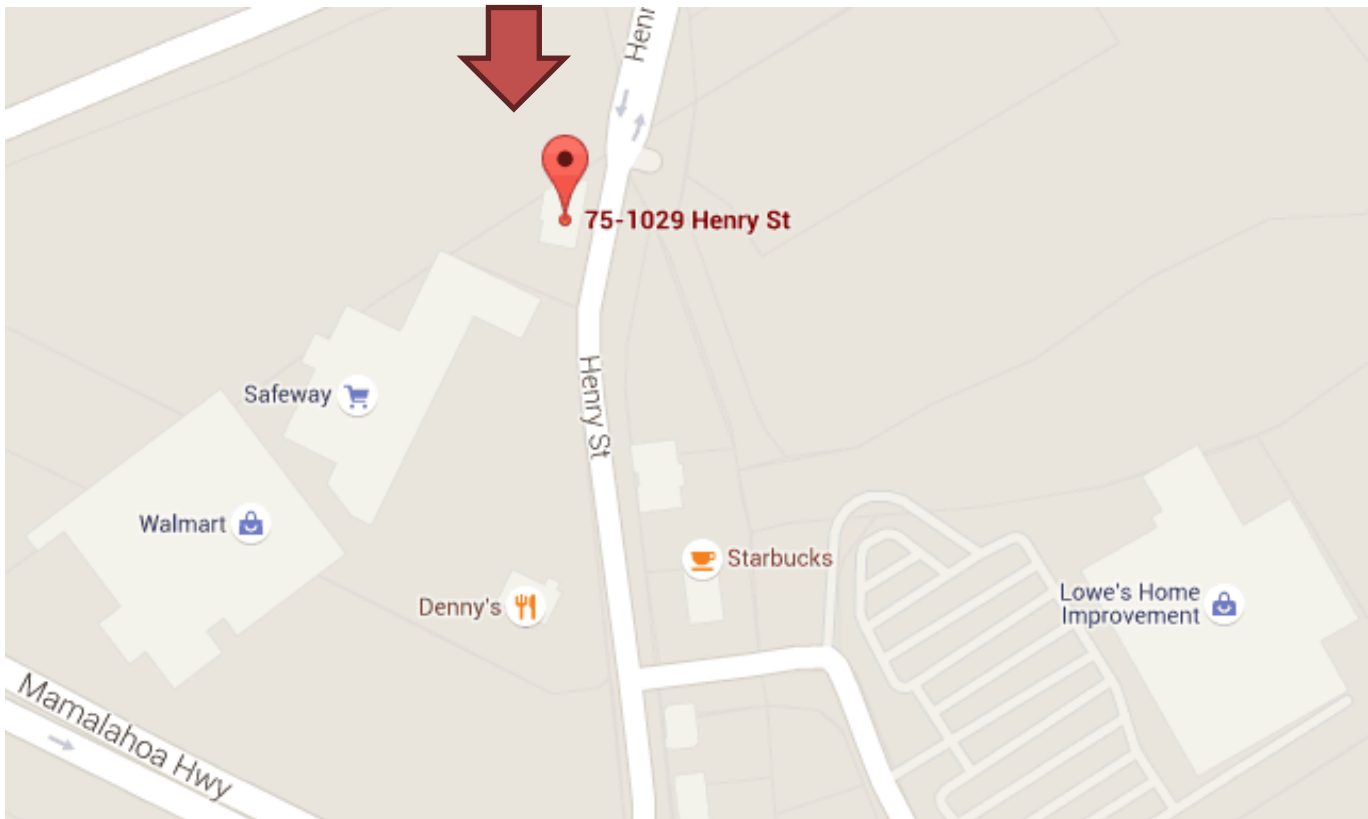
- 5/18/17 - You and your kidneys: What kidneys do, what happens when they fail
- 5/25/17 - Aloha kidney: How to slow loss of kidney function, protect what's left
- 6/1/17 - Kidney, heart, brain connection: Why at risk and what to do about it
- 6/8/17 - Options if kidneys fail: Dialysis, transplant, natural life options
- 6/15/17 - Food, labs, meds . . . help?! Understand what matters with CKD
- TBA - Choices: Others share their journey with dialysis, transplant, natural life

Come and see if these classes can help you and your family.

Call to register: **(808) 585-8404**



**Directions to HMSA Kona Office,
Crossroads Professional Center, 75-1029 Henry Street, Suite 301**



- 1. From Mamalahoa Hwy. turn onto Henry Street (next to Safeway)**
- 2. Turn left into the Crossroads Professional Center**
- 3. The HMSA Branch Office is located on the 3rd Floor and is disability accessible**

For Patients with
Chronic Pain & Respiratory Issues

East Hawaii Independent Physicians Association
is sponsoring
health and mindfulness classes with
HiQi4health

INNER NOURISHING QIGONG
(Nei Yang Gong Qigong)
Medical Qi Gong- 1st 6 Forms

March 21-April 14, 2017 (2x/week for 4 weeks)

Tues. & Fri. 3:30-4:30pm at Hilo Elks Lodge

Introductory Special: Fee \$65 for 8 classes

Contact by March 14: Jana Ching (W) 961-6922; jana.hiqi@gmail.com

*** Limited to 15 participants. All participants must be committed to attending classes.

*** Visit www.hiqi4health.org for more information.



What is Inner Nourishing Qigong?

- Time-honored mindful practice from China that spans 450 yrs. (Ming/Ching Dynasty)
- Activates energy points in body that promotes qi and thereby health & well-being

Why should I practice Inner Nourishing Qigong?

- **Beneficial for all ages:** low impact exercise, tones muscles, stretches ligaments, regulates breathing, improves balance, reduces physical pain, decreases stress/depression
- Promotes mind/body/breath experience

Instructors: Jana Ching, Lic. Acupuncturist & Jorgeen Lee-Ching, Occ. Therapist.

Approved/Accredited by Beidaihe Medical Qigong Hospital. Combined 15+ years of experience at BMQH, China.