

Happy new year



**Brian
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It's that time of year again. No, my article is not a month late, and I am not referring to shopping, holiday parties or simply running crazy in the hustle and bustle. I'm talking about the time of year when the dryer has shrunk your clothes, the gyms are packed with people turning over a new leaf, and the scales are giving inaccurate readings. It's during this time when we create a New Year's resolution list that looks something like this:

1. Lose weight
2. Get in shape
3. Eat healthy
4. Fix the dryer
5. Buy new scales

Unfortunately, none of the resolutions listed are as enjoyable as the holiday party cookies, cakes and candies, so we are lucky to stick with our commitments through February. It can be overwhelming.

Wait, don't stop reading yet, because it's not a lost cause, and I have some good news. In 2014, the Plan is introducing a new weight-management program. The Weight Talk program through Alere is a personal coaching program designed to achieve measurable, sustainable weight loss. It is delivered through regular phone-based coaching sessions with a dedicated coach. Participants set realistic weight goals and through multiple behavior changes, they learn how to achieve and maintain a healthy weight for the rest of their lives.

Participants receive scheduled telephone coaching sessions with a dedicated coach or registered dietitian. Participants also have lifetime access to weight-loss tools, educational resources and community support on the Weight Talk website. Each participant receives a welcome kit containing a weight-loss workbook, food journal, tape measure and a wireless activity monitor that tracks and uploads steps, calories burned, distance traveled, and activity duration wirelessly to the Weight Talk website. This allows participants to track their activity history on the website and allows coaches to see the participants' progress throughout the course of the program.

Individuals can enroll in the Weight Talk program online at nalc.org/depart/hbp or can call the toll-free number at 855-948-8255. A personal dedicated coach is available Sunday through Friday from 7 a.m. to 3 a.m. and Saturday from 9 a.m. to 12 a.m. Eastern Time.

Minute Clinic makes Hawaii debut at Longs Drugs

CVS Caremark Corp. has opened the first of seven planned Minute Clinics inside Longs Drug Stores in Hawaii.

CVS said the walk-in medical clinic, located in the Moiliili neighborhood of Honolulu, is the first of seven MinuteClinics slated to open on the island of Oahu. The other six clinics will serve patients in Aiea, Hawaii Kai, Kailua, Kaneohe, Kapolei and Waialae.

CVS acquired Longs Drug Stores in 2008. Hawaii's Longs locations mark an important milestone in MinuteClinic's national expansion plan to open 150 clinics nationwide this year, according to Nancy Gagliano, MinuteClinic's chief medical officer.

"We are thrilled to bring MinuteClinic to Hawaii, our first new state in five years and the first of three new states in 2013," Gagliano said in a statement. "We believe MinuteClinic can be part of the solution to help broaden access to high-quality, convenient and affordable health care services on Oahu."

"The opening of MinuteClinic locations in Hawaii is another concrete example of the commitment CVS Caremark has to both our membership and the community at large," stated Michael Stollar, senior vice president for integrated health development at HMSA. "We are excited to welcome MinuteClinic to the islands and believe their convenient services such as vaccinations, screenings and monitoring of chronic conditions such as diabetes can help support primary care providers in Hawaii in their mission to keep their patients healthy."

According to Gagliano, MinuteClinic aims to help patients find a medical home and can play a complementary role as part of a medical home team. "About 50 percent of our visits occur on evenings, weekends and holidays, when patients may not be able to get an appointment with their primary care provider," she explained. "And about half of the patients we see do not have a physician, due in large part to the severe shortage of primary care doctors in the U.S. We expect the same patterns in Hawaii."

Patients who visit MinuteClinic without a primary care doctor are provided a list of physicians in the area who are accepting new patients, Gagliano added.

Overall, MinuteClinic has more than 700 retail health clinics in 26 states and the District of Columbia.

