

FREQUENTLY ASKED QUESTIONS

NĀ PU'UWAI INTEGRATIVE FITNESS CENTER

Is there a name change to the Nā Pu'uwai Gym?

Yes! The mission of Nā Pu'uwai Native Hawaiian Health Care System is to prevent disease, promote health, empower the community with health resources and provide integrative care. Nā Pu'uwai will be more effective and successful by integrating all of our services, programs and resources. As a result, the Nā Pu'uwai gym has been rebranded as the Nā Pu'uwai Integrative Fitness Center because all of Nā Pu'uwai's contribution to the health of the communities we serve will be interwoven and connected. You are welcome to call the gym, IFC, for short (similar to the UFC gym).

What are the membership types and costs?

There are 3 types of membership plans: Adult, Kūpuna and Family. All 3 plans are a 1 year contract and billed monthly. The Adult and Kūpuna plans have an additional discount of 10% when paid in full annually.

1 Year Unlimited - Adult

Monthly: \$35/mo

Annually: \$378/yr (10% discount)

•1 Year Unlimited - Kūpuna (65+)

Monthly: \$20/mo

Annually: \$216/yr (10% discount)

1 Year Unlimited - Junior (14-18)

Monthly: \$20/mo

Annually: \$216/yr (10% discount)



Nā Pu'uwai

Native Hawaiian Health Care System
The Wellsprings of Life

What is new about the Nā Pu'uwai Integrative Fitness Center memberships?

- Included in each annual membership are 2 complimentary health and wellness evaluations
- Nā Pu'uwai app for managing membership, scheduling gym use and checking in (think fitness centers in the 21st century)
- Remote membership payment online or via the Nā Pu'uwai app
- New IFC gym equipment

We strongly encourage all IFC members to take advantage of the Nā Pu'uwai app which is completely FREE. If you prefer to have a fitness center key card, there will be an additional \$2 cost.

What are the IFC Re-opening Tiers?

- Tier 1: Nā Pu'uwai established patients – June 2nd
- Tier 2: External referrals from PCPs
- Tier 3: Self-referrals

*Opening dates for each tier are to be determined

How do I start my membership?

Step 1) If you are not already a Nā Pu'uwai patient, you will need to complete registration paperwork

Step 2) Create an account to become a Nā Pu'uwai Integrative Fitness Center Member

Option 1: Register online at

(<https://www.wellnessliving.com/signup/napuuwai>)

Option 2: Download the free Nā Pu'uwai app

Step 3) When both are completed, you will be able to schedule your health and wellness evaluation which will have you come into the Nā Pu'uwai clinic in Kaunakakai for a 15 minute appointment

Step 4) Upon completion of your evaluation you will then be eligible to purchase and activate your membership

How do I create a Nā Pu'uwai Integrative Fitness Center Account?

It's really easy! Download the free Nā Pu'uwai app or register online. QR codes are below for your convenience. You will be required to upload a profile picture so that we know that your account belongs to you. Please no sharing your membership, your account may be terminated if you are caught.



What is a fitness center evaluation?

Every member will receive 2 complimentary health and wellness evaluations with each annual membership. These quick 15 minute appointments will be conducted at the Nā Pu'uwai clinic (NOT THE FITNESS CENTER) and will consist of taking vitals and evaluation conducted by a Nā Pu'uwai provider. A 2nd evaluation will be required within the first 3 months of your membership.

What can the Nā Pu'uwai app be used for?

Nā Pu'uwai is the first Native Hawaiian Health Care System to have its very own app! After you download the FREE app from the Google or Apple store, you can use it to join as a member, pay your membership fees, schedule facility access and check-in upon arrival.

Where can I find more information about the Nā Pu'uwai Integrative Fitness Center?

If you don't already, please follow us on Instagram @napuuwaifitnesscenter where we will provide updates on all IFC developments. We also encourage you to visit our website which has a dedicated Nā Pu'uwai Integrative Fitness Center page where you will find the most up to date information.

What are my payment options for membership?

Membership payments can be paid remotely and electronically (highly recommended) via website and app or by cash or check in-person at Nā Pu'uwai's Integrative Health Center located at 604 Maunaloa Hwy, Building C in Kaunakakai.

Payment options include:

App (free download)

Online through membership account

Credit card, cash, check at the IHC

How do I schedule my fitness center use?

We all continue to navigate the COVID-19 pandemic in the safest way possible. Because we need to be mindful of social distancing to limit the risk of viral transmission, members will be required to schedule their facility use and classes to ensure that we do not exceed capacity at the Nā Pu'uwai Integrative Fitness Center. Scheduling is quick and simple through the app or website. You are also able to schedule manually as a walk-in but this is highly discouraged because you may be turned away if we have reach capacity.

What is the new check-in process at the IFC?

Membership entry at the IFC will be strictly enforced. Only those with active and paid memberships will be allowed entry into the facility. It is highly encouraged that members download the Nā Pu'uwai app which will provide them with a bar code to be used for checking-in upon each entry into IFC. For those without a smartphone or a preference for a key card, this will be another option for check-in for an additional cost of \$2. The fitness attendant will be notified of overdue membership payments upon check-in and the member will be required to complete their payment before entry or will be turned away from using the IFC.

What are the operating hours for Tier 1?

- Monday: 5:30-8:30am, 11-2, 4-7pm
- Wednesday: 5:30-8:30am, 11-2, 4-7pm
- Friday: 5:30-8:30am, 11-2, 4-7pm
- Saturday: 8:00-12:00pm
- Closed: Tuesday, Thursday, Sunday