

News from the EUTF

News from the Hawaii Employer-Union Health Benefits Trust Fund (EUTF)

“Wellness is an active process of becoming aware of and making choices toward a healthier and more successful life!” Author – unknown

Below is information regarding the various wellness programs already available to EUTF members enrolled in the HMSA and Kaiser Plans! Please take advantage of these wonderful programs!

Hawaii Medical Service Association (HMSA):

HMSA's **Well-Being Connection** is a comprehensive suite of services and tools aimed at improving our members' physical, emotional and social health and well-being. Plan members can access a dynamic set of resources and well-being solutions through integrated prevention, risk reduction, and chronic disease management services that focus on:

- *Adopting or maintaining healthy behaviors and improving human performance*
- *Mitigating health-related lifestyle risks and unhealthy behaviors*
- *Optimizing care for those with chronic health conditions*

HMSA offers plan members a personalized health and lifestyle management approach and to improve members' well-being, HMSA is re-launching an enhanced Well-Being Connect and upgrading the Healthways Well-Being Assessment™, in early 2014. **HMSA Well-Being Connect*** serves as the member web portal, accessible via www.hmsa.com/wellness-programs/well-being-connect. HMSA Well-Being Connect offers the following:

- **Healthways Well-Being Assessment (WBA)** is an interactive health assessment that goes beyond the traditional health risk assessment focused on physical and health status questionnaires. The assessment offers each individual insight into physical, emotional, and social health. Six scientifically defined areas are addressed – physical health, emotional health, life evaluation, work environment, basic access and healthy behavior. Key well-being metrics are leveraged from Healthways' partnership with Gallup and the Gallup-Healthways Well-Being Index™ (www.well-beingindex.com). A member's comprehensive Well-Being Report and Well-Being Score summarizes member-specific data results, collected through the WBA and is compared to national metrics obtained through the Well-Being Index.
- **Well-Being Plan, Exercise, Healthy Eating, Stress Management and Weight Management Trackers:** Dynamic online trackers, and suggested action items support the overall health of each individual, and help encourage individuals to reach and maintain their Well-Being goals.
- **Resources and Tools:** Well-Being Connect pushes health information, articles and audio/video segments to individuals based on their Well-Being Plans. Individuals also have access to hundreds of articles on health and disease topics.
- **Health Coaching**
Telephonic Health Coaching by a team of health professionals such as registered nurses, exercise physiologists, health educators, and registered dietitians is an added source of support and guidance for our members on nutrition, exercise, stress management, and weight management in addition to chronic disease management, behavioral health, and smoking cessation.

HMSA members can use HMSA's Well-Being Connect at no cost; all you need is an active My Account. For more information, on HMSA's Well-Being Connection or Health Coaching call HMSA toll-free at 1-855-329-5461, Monday through Friday, from 8 AM to 7 PM; Saturday from 8 AM to 5 PM.

For more information on how to enroll in HMSA's My Account, please contact HMSA's EUTF Customer Service line, Monday through Friday from 7:00 AM to 7:00 PM at 808-948-6499 or toll-free at 1-800-776-4672.

**HMSA's Well-Being Connect is available to eligible HMSA members age 18 or older.*

Kaiser Permanente:

My Health Manager

As a member registered on kp.org, you will have secure 24-hour access to My Health Manager. This online resource offers tools to manage your care online. You are able to email your physician, view most lab tests, refill prescriptions, and help take care of a family member, like a child or parent. Find a guided tour of my health manager at kp.org/experience.

kp.org

Take charge of your health anytime, anywhere, with online articles, wellness topics, and health calculators. Find new ways to live well with recipes, podcasts, videos, and much more.

Healthy Lifestyle Programs

Together with HealthMedia, Kaiser offers a personalized approach to improving your well-being with their healthy lifestyle programs. Choose a program that's right for you and get a customized action plan that can help get your life headed in a healthier direction. Start making positive changes today. Visit kp.org/healthylifestyles for more information.

Health Encyclopedia

Kaiser has a wealth of in-depth information on health conditions, related symptoms, a symptom checker and treatment options at kp.org/health.

Health Classes

Kaiser offers many health classes their facilities. They offer classes such as, yoga, eating well, baby care, tai chi, first aid, and much more. Find a class near you at kp.org/classes

Important: The EUTF is a separate organization from the ERS. If you have any questions about information in this article, please **DO NOT** contact ERS. Please contact the EUTF directly at 586-7390 or toll-free at 1-800-295-0089, or email the EUTF at eutf@hawaii.gov. You can also visit our website for more information @ www.eutf.hawaii.gov.