WELL AWARE

A Quarterly Health & Wellness Benefit Message from EUTF | 02-2017 Issue 1

HEALTH COACHING

Live well for what matters
Start by picking up the phone

As an HMSA member, you get personalized support by a health coach over the phone at no cost. This confidential program gives you access to coaches to help you set and achieve your health goals. During a 10-15 minute call a health coach can help you: Manage stress - Lose weight - Create a healthy eating plan - Find fun, simple fitness routines - Quit tobacco use.
Call 1 (855) 329-5461, prompt 3, toll-free Monday through Friday, 8 a.m. to 7 p.m., and Saturday, 8 a.m. to 5 p.m.

"Something clicked...I wish I had this kind of coaching years ago!" "I like it when you check up on me."

Wellness coaching by phone is a service provided to **Kaiser Permanente** members at no charge through convenient phone sessions with a wellness coach. A wellness coach gives personal guidance to help you focus on healthy habits, create a customized plan and help you achieve your specific wellness goals.
Get connected today by contacting 1 (866) 862-4295 Monday through Friday from 4 a.m. to 4 p.m.

"My health coach definitely helped me keep on track, was inspirational and just helped me figure out what would work for me. She is more than awesome!"

To learn more about your Health and Wellness Benefits visit the EUTF website at http://eutf.hawaii.gov/

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