

Hawaii Employer-Union Health Benefits Trust Fund Workplace Wellness Programs

The worksite is a great place to promote health!

EUTF works with employers to develop plans to bring wellness benefits to the workplace.



The following worksite wellness activities are available to all EUTF employers statewide

Health screening. During a health screening employees will obtain personal health numbers such as blood pressure measurement and BMI and learn what these numbers mean. Gaps in care and benefit programs such as health coaching to support healthy lifestyle goals will be provided. The services for the screening program vary by medical plan carrier contact EUTF for program details.

Health assessment. This online questionnaire is designed to engage and inform employees about their health and well-being. After completing the assessment the employee will receive customized information based on their results.

Health education. A large variety of topics are available for delivery at the worksite such as: Healthy Aging, Stress Management, Understanding Diabetes, Wellness 101, Positive Psychology, Brain Fitness, Nutrition, Weight Awareness and more.

Blue Zones Project for Worksites. This program offers employers the opportunity to shape the workplace environment to support health. Your workplace will select best practice activities “pledges” to engage employees in the development of a healthy workplace. Pledge areas include: Leadership – Purpose – Physical Environment – Creation of Social Networks – Policies & Benefits.

Information Sessions. These sessions are provided on-site to improve employees’ knowledge of their health and wellness plan benefits.

- Understanding your EUTF Health Benefits
- How to access and begin using web-based, mobile and telephonic health and wellness benefits

To learn more about EUTF’s worksite wellness programs contact
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<http://eutf.hawaii.gov/health-and-wellness/employers/>