

WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

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HEALTH ASSESSMENT TOOLS

HMSA Members: You know your age, but do you know your body's age? Sharecare can tell you how old you really are. Take the RealAge® Test to discover your RealAge and how to improve it.

Download Sharecare today! Register on hmsa.com/sharecare. If you're an HMSA member, please use your HMSA subscriber ID. If you're asked for an activation code, enter **greendays**. A web version is available if you don't have access to a smartphone at hmsa.com/sharecare.

RealAge® is a registered mark of Sharecare, Inc. Sharecare, Inc., is an independent company that provides health and well-being programs to engage members on behalf of HMSA.



Kaiser Permanente Members: Get up to \$100 by taking healthy steps to thrive! Take the Kaiser Permanente Total Health Assessment, which is an online questionnaire. Based on your results, you'll receive a customized action plan. Then, choose from eight online healthy lifestyle programs in which to participate. **Get started at kp.org/eutf.** You are responsible for any taxes that may be due on the amounts received. HSTA VB members are not eligible for rewards.

To learn more about your EUTF health and wellness benefits visit the EUTF website at <http://eutf.hawaii.gov/health-and-wellness>

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