

# WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

09 2017 Issue 3

## PREVENTION WHAT YOU NEED TO KNOW

### **HMSA preventive screenings for your good health and well-being!**

Preventive care is a great way to take care of your health. As an HMSA EUTF member, you can take advantage of an annual physical exam, cancer screenings, and flu shots to help you stay healthy. These services are part of your health plan benefits even before you reach your deductible (the amount you pay for covered services before your health plan pays). For more information, contact your doctor or see your *Guide to Benefits* on [hmsa.com/eutf](http://hmsa.com/eutf)

### **Kaiser Permanente is committed to early detection and timely treatment of disease.**

Prevention is about staying healthy and preventing or delaying disease. You can stay on a healthy track just by following basic preventive-care guidelines and getting recommended medical screening tests. Partner with us in your health by living a healthy lifestyle and following our preventive care guidelines. Talk to your health care provider to create a prevention plan based on your individual needs and visit us at [kp.org/prevention](http://kp.org/prevention).

### **Keep Your Sight Sharp at Every Age!**

Just like the rest of our bodies, our eyes have different needs as we age. That's why it's important to know which vision changes are a normal part of aging, and when something more serious may need the attention of an eye doctor. Find out what to expect of your eyes in every era, discover proactive steps to preserve your healthy eye sight, and learn which corrective measures will help you see clearly and feel your best! No matter what your age, always monitor your vision changes, make healthy lifestyle and dietary choices, and visit your eye doctor at least once a year for a comprehensive eye exam and to screen for common age-related eye diseases. **Find a VSP doctor at [www.vsp.com](http://www.vsp.com)**

### **If you haven't seen your dentist recently, make an appointment today!**

Regular visits to the dentist for checkups and preventive care are fundamental to maintaining good oral health and preventing tooth decay and gum disease. So take advantage of exams and cleanings twice per calendar year, which are covered at 100% as part of your **Hawaii Dental Service (HDS) plan**. Create an online account at [hawaiidentalsservice.com](http://hawaiidentalsservice.com)

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

Employer Union Health Benefits Trust Fund—201 Merchant Street—Suite 1700  
Honolulu, HI 96813 (808) 586 7390 x62177