

WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

12-2017 Issue 4

TIPS FOR A JOYOUS AND HEALTHY HOLIDAY SEASON

Take care of yourself this holiday season! A message from HMSA

The holiday season is in full swing. Take time to check in with yourself. What can you do to reduce your stress and improve your well-being? **Here are several tips from HMSA's Well-Being Hawaii blog:**

Do something instead of nothing. If you don't have time for your usual exercise class, try 15 minutes of cardio or strength exercises at home.

Walk. Try to include at least 30 minutes a day. Try a new route or invite a friend to join you to keep things interesting.

Squeeze your hoku point. Applying firm pressure for 30 seconds in the area between your index finger and thumb can reduce stress and tension in your upper body.

Want to prevent weight gain during the holidays? HMSA offers a *Season's Eatings* workshop. For locations and times, visit hmsa.com/well-being/workshops. **Here are several tips to help you stay on track this holiday season:**

Be realistic. Instead of setting ambitious goals, focus on maintaining your weight during the holidays.

Keep track. One of the best accountability tools is a daily food journal or mobile app that helps you log everything you're eating.

Take no prisoners. Try to avoid taking home unhealthy leftovers from potlucks.

To learn more about the well-being tools available to you, visit hmsa.com/well-being. **Need more support for your health and well-being goals?** Call a health coach at 1 (855) 329-5461, option 3, toll-free. Health coaches are available Monday through Friday, 8 a.m. to 7 p.m. and on Saturday, 8 a.m. to 5 p.m.

See page 2 for more tips on staying healthy this holiday season!



WELL AWARE



Keep your holidays stress-free! A message from Kaiser Permanente

Holiday parties, cookie baking, shopping, and traveling... 'Tis one of the busiest and most stressful times of year! But don't worry. We'll help you ditch any anxiety you may have, so you can fully enjoy the holiday festivities. **Here are 5 ways you can ease your mind and stay healthy.**

- **Get your flu shot.** Being sick is bad news — especially when you're celebrating the holidays with friends and family. But the flu is even worse. **Visit kp.org/flu to view flu shot clinic dates, times, and locations, and learn more about flu prevention.**
- **Make health-conscious travel preparations.** Holiday travel can be full of surprises, and we want you to be well for all of them. **For tips on how to be healthy before, during, and after your trip, visit kp.org/travel.**
- **Sneak in fitness.** Between the parties, shopping, and cooking, it can be tough to fit in a sweat session. But now's the time of year when you need it the most. Workouts help beat stress, boost energy, and burn the extra calories you're eating. **If you have not taken advantage to earn a free gym membership, be sure to visit kp.org/fitrewards.**
- **Add "healthy" to your helpings.** Comfort foods rule the holidays. But those high-calorie dishes can add up to extra pounds by the New Year. To help give your favorites a face lift, speak with a Kaiser Permanente registered dietician by contacting 808-432-2000 (Oahu), 808-243-6400 (Maui), 808-934-4000 (Hawaii Island), and 808-432-2360 (Kauai).
- **Be party-ready.** The holiday season means parties galore with lots of delicious, high-calorie foods. If you want to stick with your health goals and not stress about what you eat, it helps to have a party game plan. **A lifestyle coach can help by contacting 808-432-2262.**

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

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