

# WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

May 2020, Issue 13

**Healthy habits are compounding. *Even taking small steps helps.* Ensuring your health is in tip-top shape is important now and in the future. Click on the links below to learn more about resources, online tools and telephonic services available to you now!**

## **HMSA members:**

**Telephonic Health Coaching information at <https://hmsa.com/well-being/health-coaching/>**

You don't need to improve your well-being or manage chronic conditions on your own. At no cost to HMSA members a health coach can provide guidance and support for a number of conditions such as high blood pressure, obesity, diabetes, stress, smoking, or other health issues. Call 1-855-329-5461 toll-free Monday—Friday 8 a.m. to 5 p.m.

**Behavioral Health Program information at <https://hmsa.com/eutf/hmsa-behavioral-health-program.pdf>**

High stress and anxiety are common in today's fast-paced and current unpredictable world. This no cost program to HMSA members will support your readiness to make changes for your emotional and overall health. HMSA's behavioral health program can give you tools to feel better. Call Beacon Health Options at 695-7700 on Oahu or 1-855-856-0578 toll-free on the Neighbor Islands.

## **Kaiser Permanente members:**

**Earn Rewards for Completing Online Wellness Programs at [kp.org/eutf](http://kp.org/eutf) Click the tab "Reap the Rewards"**

This program gives you and your covered spouse/ domestic partner a chance to each earn up to \$100 in cash rewards cards by June 30 each contract year for taking steps to improve your health. Start by taking the online assessment and receive \$25, plus an additional \$25 for, up to 3, online healthy lifestyle programs.

**Digital Tools for Emotional Wellness at [kp.org/selfcareapps/hi](http://kp.org/selfcareapps/hi)**

Everyone needs support for total health, mind, body, and spirit. Digital tools, such as the myStrength app, can help you navigate life's challenges, make small changes that improve sleep, mood, and more, or simply support an overall sense of well-being.

**Fit Reward Cononavirus Program Enhancements go to [kp.org/fitrewards](http://kp.org/fitrewards)**

During this unprecedented health crisis, we have updated the Fit Rewards program. You can now participate in the enhanced program benefit that allows you to receive credits for workouts completed at home.

**Wellness Coaching by Phone go to [kp.org/wellnesscoach](http://kp.org/wellnesscoach)**

Make healthy behavior changes to lose weight, quit tobacco, reduce stress, get more active, or make healthier food choices. Use this no-cost resource by calling 808-432-2260 to partner with a local wellness coach.

**Healthy Recipe Ideas**

While you're doing your part to flatten the curve, get inspired to prepare delicious and healthy dishes.

**<https://www.bluezones.com/recipes/>**

**<https://islandscene.com/food>**

**[kp.org/foodforhealth](http://kp.org/foodforhealth)**

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