

# WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

Sept. 2020 Issue 14

## DO YOU KNOW ABOUT THESE PREVENTIVE CARE BENEFITS?

### HMSA MEMBERS: WIN A \$250 WELL-BEING REWARD!

An annual visit with your doctor can keep you a step ahead of illness and disease. **Plus, your visit can help you win a \$250 gift card.**

The annual exam, also known as the annual preventive health evaluation, is the best way to check your overall health and identify potential health conditions early. Your doctor will work with you to determine which screening tests and services are recommended for you. **All HMSA EUTF and HSTA VB Active plans have this benefit at no cost and the deductible does not apply.**

Call your doctor to schedule your evaluation and complete your visit by Jan. 31, 2021. You must also register for and log in to My Account on [hmsa.com](https://hmsa.com) by Jan. 31, 2021, to be entered to win a gift card. For official rules, visit [hmsa.com/EUTFWellbeingReward](https://hmsa.com/EUTFWellbeingReward)

For more information about the annual evaluation call 948-6499 on Oahu or 1 (800) 776-4672 toll-free.

### LOWER YOUR RISK OF DISEASE WITH A HEALTHY SMILE!

Did you know brushing, flossing and seeing your dentist twice a year can lower your risk for diabetes and heart disease?

Schedule your visit with your dentist and stay healthy! Your Hawaii Dental Service (HDS) plan covers 100% of two exams and cleanings per year.

Live Well, Smile More. Access your account online at [hawaiidentalsservice.com](https://hawaiidentalsservice.com)

### KAISER PERMANENTE MEMBERS: PARTNERS IN PREVENTION!

Prevention is about staying healthy and preventing or delaying disease. At Kaiser Permanente, we provide preventive care services to help you stay well. Following our screening and immunization guidelines can help you and your family plan your care. These guidelines are for generally healthy people. Visit [kp.org/prevention](https://kp.org/prevention) to learn more.

We also invite you to try our new and improved digital health programs to help make good health a part of your daily habits. **You can also earn up to \$100 in rewards at the same time.** Go to [kp.org/eutf](https://kp.org/eutf) and click on “reap the rewards” to get started on a Total Health Assessment.

### YOUR EYE HEALTH MATTERS!

Even if you have 20/20 vision, it's important to see an eye doctor every year for an eye exam. For a \$10.00 co-pay you receive a comprehensive eye exam. Your eye doctor will get a view of your overall health by looking for signs of eye health problems, and other health conditions. Plus, you can discuss day-to-day concerns, like digital eye strain or age-related vision loss.

Schedule an eye exam today to see clearly and stay healthy! Need an eye doctor? Visit [vsp.com/eye-doctor](https://vsp.com/eye-doctor) to find the in-network doctor who's right for you.

To learn more about your EUTF health and wellness benefits visit our website [http://eutf.hawaii.gov/health-and-wellness](https://eutf.hawaii.gov/health-and-wellness)

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