

WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

FEB 2021 | Issue 16

DO YOU KNOW ABOUT THESE PREVENTIVE HEALTH BENEFITS?

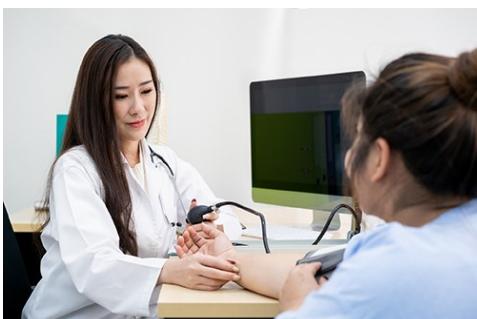
HMSA MEMBERS

Preventive care is always important, but even more so during a pandemic. With HMSA, getting preventive care is easy because your health plan includes an annual preventive health evaluation (EUTF actives) or physical exam (HSTA VB actives and retirees and EUTF retirees) at no cost when you see a primary care provider (PCP) in HMSA's network.

You'll have the chance to get new health problems diagnosed, update screenings and immunizations, and save money on long-term health costs.

Even a small amount of time spent on prevention can yield significant health rewards. [Visit your PCP to determine what screenings are right for you.](#) If you want to see which screenings your doctor may recommend, review the [personal screening checklist](#) for your age group on HMSA's EUTF portal.

Looking for a PCP? Use the [Find a Doctor tool](#) or call 948-6499 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands.



KAISER PERMANENTE MEMBERS

Staying healthy is more important than ever. Take charge of your health by staying current on preventive care visits, screenings, and immunizations.

A screening is important because the sooner your doctor diagnoses a disease, the more likely it can be cured or managed. Getting recommended screening tests regularly may find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best.

Based on your personal health information, your doctor can work with you to create your personal action plan to protect your health and monitor your ongoing conditions.

If you've been delaying care or you have not connected with your doctor in the past year, contact us at [kp.org](#) and choose from the many convenient ways to get care online, by phone, or in-person.

If you need help choosing the care that's right for you, call us 24/7:

Oahu: **808-432-2000**

Maui/Molokai/Lanai: **808-243-6000**

Hawaii Island: **808-334-4400**

Kauai: **808-246-5600**

TTY: **711**

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

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