

# WELL AWARE



**EUTF Quarterly Health & Wellness Benefit Message**

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- Did you know that **85%** of the 88 million American adults who have prediabetes don't know they have it.
- In Hawaii, **442,000 adults, or 42%**, have prediabetes and many aren't aware.
- Learn your risk, take the 60 second American Diabetes Association's **diabetes risk test**.

## HMSA MEMBERS

### HOW DO YOU KNOW IF YOU HAVE PREDIABETES OR DIABETES?

The best way to find out is to visit your doctor. You're at higher risk if a parent or sibling has diabetes, if you're over 45, if you have high blood pressure, if you've had gestational diabetes, or if you're overweight. In Hawaii, Asian Americans and Pacific Islanders are more likely to develop prediabetes or diabetes.

[The HMSA Diabetes Prevention Program](#) can help you get the resources you need to prevent or manage diabetes at no cost. You can also talk to a nurse or [health coach](#) to learn more about diabetes.

See more diabetes [resources](#) or call us at (808) 948-6404 or 1 (800) 459-3963 Monday through Friday, 8:00 a.m. to 5:00 p.m.



### Improve your well-being with a \$1,500 staycation!

Visit your primary care provider for an in-person annual physical health evaluation and log in to My Account before September 30 to be entered in a drawing for a chance to win a \$1,500 staycation. Learn more at [hmsa.com/eutf](https://hmsa.com/eutf).

## KAISER PERMANENTE MEMBERS

### GOOD NEWS! MOST CASES OF TYPE 2 DIABETES ARE PREVENTABLE.

[What you can do to prevent diabetes](#). **KEEP YOUR WEIGHT IN CHECK.** Excess weight is the primary cause of type 2 diabetes. If you're overweight, losing just 7% to 10% of your current weight can cut your risk in half.

**BE CARB-SMART.** Limit sugar and refined carbohydrates like white bread, pasta, and rice. Focus on high-fiber, whole-grain complex carbohydrates. **STAY ACTIVE TO STAY HEALTHY.** Inactivity promotes type 2 diabetes, so regular exercise is essential. Just walking briskly for a half-hour every day can reduce your risk by up to 30%.

**CALL A WELLNESS COACH** to see if you're eligible to participate in our Diabetes Prevention Program. Call us today at (808) 432-2260 Monday through Friday, 8:30 a.m. to 4:30 p.m.

View upcoming [live webinars](#) and recorded [on demand webinars](#).  
For more health plan benefit information and resources visit [our health and wellness website](#).

**Hawaii Employer-Union Health Benefits Trust Fund**