

WELL AWARE



EUTF Quarterly Health & Wellness Benefit Message

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HEALTHY WEIGHT. Two ways to get a ballpark idea if your weight is healthy or not: is body mass index (BMI) and waist circumference. Click on the EUTF [Know Your Numbers](#) page to link to a, simple to use, BMI calculator and learn how to correctly measure your waist!

HMSA MEMBERS

Managing your weight can be a struggle especially in times of high stress and anxiety. Since the beginning of the COVID-19 pandemic, 42% of Americans have gained unwanted weight.

So how can you get help? As an HMSA member, you can get personalized health coaching from registered nurses, exercise physiologists, health educators, and registered dietitians over the phone. [Learn more](#) about the health coaching benefit.

ALL EUTF MEMBERS

You're invited to join the **Healthy Holiday Challenge "Maintain Don't Gain"** sponsored by HMSA.

This 7-week campaign includes a 4-week challenge. It begins on November 15 with activities to improve physical activity, nutrition, self-care and stress management. **The challenge goal is not to lose weight, but to maintain your weight throughout the holiday season!** There will be weekly sweepstakes drawings!

GET THE CAMPAIGN FLYER WITH ALL THE DETAILS AT [EUTF CHALLENGE](#)

DID YOU KNOW LOSING JUST 5-7 PERCENT OF YOUR BODY WEIGHT CAN LOWER YOUR RISK FOR TYPE 2 DIABETES.

If you have risk factors for diabetes you may qualify for a unique **Diabetes Prevention Program!**



Find out more about this no cost, once per lifetime, benefit for HMSA active members. To get a PDF program flyer [CLICK HERE](#)

KAISER PERMANENTE MEMBERS



Adding on extra weight may drag down your mood, energy, and self-confidence. At the same time, it raises your risk for many serious health conditions. Here are some resources you may find useful:

The HEALTHY BALANCE program may be right for you. Work on daily habits, healthy eating and getting active to achieve your weight goals! [Click here to get the program details.](#)

Visit Don't WEIGHT to get in Shape web page where we invite you to participate in our fun & engaging program at kp.org/eutf/getinshape.

Partner with a [wellness coach](#), to get one-on-one guidance. Call 1 (866) 862-4292 to make an appointment.

Hawaii Employer-Union Health Benefits Trust Fund
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