



New year, new goals

State, city, and county workers

Ready, set, get healthy!

Make this year your personal best.

When you're just beginning your journey, the finish line can seem far away. But setting goals and meeting them is easier with a coach in your corner. Whether you want to improve your mental or physical health, we're here to help.



Get on track. Make an appointment with your primary care provider to discuss your overall health and well-being, medications, screenings, and goals at no additional cost.

- EUTF actives can schedule an annual preventive health evaluation.
- EUTF retirees and HSTA VB actives and retirees can schedule an annual physical exam.

If you don't have a PCP, finding one is easy. Visit hmsa.com/eutf and click Find a Doctor or call us at one of the phone numbers below.



Hit the ground running. Once you've set goals like improving your mental health or lowering your blood pressure with your doctor, our health coaching phone support can help you reach them. Health coaching is available at no additional cost. Just call **1 (855) 329-5461, option 1** Monday through Friday, 8 a.m. to 5 p.m.



Get started today

Visit hmsa.com/eutf

Call (808) 948-6499 or 1 (800) 776-4672



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