



Spring into Health!

State, city, and county workers and retirees

With spring around the corner, it's time to refresh your journey toward a healthier you. Whether you want to improve your mental or physical health, we're here to help. Having a coach in your corner makes it easier to meet your health and well-being goals.



Know your numbers. Your primary care provider (PCP) can determine your key health stats and discuss how they affect your journey. Knowing your numbers, such as blood pressure, cholesterol, blood sugar, and weight, makes it easier to set and achieve your goals. Make an appointment with your PCP 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, HMSA can help. Visit hmsa.com/eutf and click Find a Doctor.



Hit the ground running. Once you've set goals with your PCP, our health coaches can help you reach them. **Health coaching** is available by phone 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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