

WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

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DO YOU KNOW ABOUT THESE PREVENTIVE HEALTH BENEFITS?

HMSA Members

Getting preventive care is easy!

Your health plan includes an annual preventive health evaluation (for EUTF actives) or physical exam (for HSTA VB actives and retirees and EUTF retirees) at no cost when you see a primary care provider 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 care costs. **Don't hesitate, schedule your annual appointment today!** 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. Go to the [Get Checked Out](#) page on the EUTF website to review the personal screening checklist for your age group or if looking for a PCP use the [Find a Doctor](#) tool. Call

HMSA 1 (808) 948-6499 or 1 (800) 776-4672 to learn more.

VSP Members

Make the most of your VSP benefits!

Get great care from a VSP network doctor, including a WellVision Exam® comprehensive exam designed to detect eye and health conditions for only a \$10 copay. Create an account, find a VSP network doctor, and schedule your eye exam today. For benefit information contact vsp.com or call 1 (866) 240-8420.

Kaiser Permanente Members

Staying healthy is more important than ever!

If you've been delaying care or have not connected with your doctor in the past year take a look at the many convenient ways to connect with your doctor. At kp.org you can choose online, by phone, by video, or in-person visits with your doctor. Once connected your doctor will work with you to create a personal action plan to stay current on screenings and tests that are right for you such as breast, cervical and colon cancer. Review the health screening guidelines for adults, children and adolescents on the EUTF [Get Checked Out](#) page.

Hawaii Dental Service Members

EUTF "Time to See Your Dentist" Sweepstakes!

Do you have a healthy smile? Find out by visiting your dentist and enter for a chance to win 1 of 8 smartwatches. **Your plan covers 100% of the fees for two exams and two cleanings per calendar year—you just pay the tax!**



A simple dentist visit enters you for a chance to win an Apple watch, Galaxy watch or Fitbit. How it works: 1. Create a personal account at HawaiiDental-Service.com. If you already have an account, sign in between March 1,

2022 and May 14, 2022 to confirm that your email address is current. 2. See your dentist for a dental exam and/or cleaning between December 14, 2021 and May 14, 2022. Entrants must complete both steps to be eligible to win. Go to the [EUTF Get Checked Out](#) page for the flyer and official rules.

Visit the [EUTF virtual wellness fair](#) to find more plan benefit information and resources.

Hawaii Employer Union Health Benefits Trust Fund
Contact us at eutfwellness@hawaii.gov