



Hawaii Employer-Union Health Benefits Trust Fund Statewide Worksite Wellness Program

THE WORKSITE IS A GREAT PLACE TO PROMOTE HEALTH & WELL-BEING!

Promote employee well-being! **Encourage** participation in monthly webinars and quarterly challenges. **Plan** an annual wellness fair or biometric screening event.

Contact EUTF to plan your worksite wellness program eutfwellness@hawaii.gov

2023 WORKSITE WELLNESS PROGRAM

[EUTF health and wellness page](#) & [Employer worksite wellness page](#)

WELLNESS FAIRS

Thinking about offering an on-site wellness fair this year? EUTF can help you coordinate this event at your workplace. To begin planning your event complete the [planning worksheet](#) or email EUTF at eutfwellness@hawaii.gov with your request.

WEBINARS LIVE ONLINE/RECORDED and IN PERSON

[Well-being webinars](#) are offered online *live* every month. Register as an individual or setup a space in your office to view as a group! Download the [group setting participation form](#) for attendee sign-in. Worksites can now request in-person health education classes contact EUTF for class offerings.

BIOMETRIC SCREENINGS

On-site screenings are provided at no cost to HMSA and Kaiser Permanente members. The 15-minute screen includes: blood pressure, Total/HDL/LDL cholesterol levels, triglycerides, blood sugar test and body mass index. [Click here to read more about the screening programs.](#)

CHALLENGES

[Wellness challenges](#) are offered quarterly. Opportunities for members to participate in activities to support well-being. [Visit the challenge page](#) on the EUTF website for the most current offerings!

VIRTUAL WELLNESS FAIR

The [virtual wellness fair](#) is a fun way to learn about health plan benefits and find key prevention and management programs and resources while playing BINGO. Invite your employees to visit the site.

WORKSITE WELLES COMMITTEE

Looking to enhance your worksite wellness program and engage more employees in wellness? Consider starting a wellness committee. For more information contact eutfwellness@hawaii.gov.

SEASONAL FLU CLINICS

Seasonal flu shot clinics onsite at no cost to all employees regardless of medical plan affiliation. Contact Lloyd.kishi@kp.org or click [other organizations](#) for a list of flu clinic resources.

HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND

Questions or need more information contact eutfwellness@hawaii.gov