



EUTF WELLNESS PROGRAM February 2024

Take time for your well-being!

Monthly Health & Wellness Goal

- ✓ Feb. - Create Healthy Habits!
- ✓ Jan. - Get Checked Out!

HEALTH AND WELLNESS GOALS There are many services included in your health plan benefits to help you reach your wellness goals. Checkout the [Health and Wellness website](#) and [EUTF Virtual Wellness Fair](#) to learn new ways to enhance your well-being. Make sure to visit our renewed [Challenges and Webinars page](#) to fill up your wellness calendar!

CHALLENGES - Participate and Move! Click on Challenges for more info!

HEALTHY HOLIDAY CHALLENGE Congrats to all 216 participants for completing 1,433 classes during HMSA and Peloton's Healthy Holiday Challenge! Shout-out to our top 3 participating departments: 1) **City and County of Honolulu**, 2) **Public Safety**, 3) **Human Services**. See the final results and the 8 weekly winners of \$100 egift cards [here](#).

"This HMSA EUTF Healthy Holiday Challenge was very flexible for the busy holiday season...there were a lot of shorter fitness classes (like 5-15 mins) offered on the Peloton app, which made fitting in a daily session so doable. Thank you HMSA, EUTF, and Peloton"

"I enjoyed this challenge. It was easy using the Peloton app to track my progress."

"Mahalo! This is a great treat for the new year. Thankful for the gift that helps me focus on my health!"

10K-A-Day CHALLENGE Join our 4-week physical activity challenge and strive for 10,000 daily steps. The fun starts February 12- March 10. See details below to join the [kick-off](#) informational webinar. Register NOW!



WEBINARS- Click topics below to register!

FEBRUARY
2024
WELLNESS
EVENTS

Take time for
YOU!



HEALTH & WELL-BEING WEBINARS

Taking care of yourSELF

Balancing Sleep, Exercise, Love, and Food
February 22 at 11:30 am -12:15 pm
Learn simple self care strategies to improve your health and well-being.

10K-A-Day Challenge Kick-off

February 6 at 11:30 am -12 pm
Learn about our 4-week wellness challenge, to accumulate 10,000 steps each day.



[Taking care of yourSELF-Balancing Sleep, Exercise, Love, and food](#)

Self-Care is essential for anyone seeking to live a more balanced and healthy life. Learn simple SELF-care strategies, that when practiced daily, can support, and improve participants health and well-being.

[10K-A-Day Wellness Challenge Kick-off](#)

Learn more about the 10K-A-Day 4-week Challenge. Hear how to register yourself or join a team, how to utilize the challenge app and track your activities and how challenge participants earn a chance to win a \$250 gift card!

Host a "Group Watch" at your worksite

Anyone can setup a group watch, simply reserve your conference room and invite your colleagues. After the event, email the [GROUP WATCH FORM](#) to the webinar host to be entered in any prize drawings offered.

*Does not include the Challenge Kick-off webinar

Watch anytime on-demand

Unable to attend a live webinar? [View Recorded Webinars](#), most are recorded and available for the year!

HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND
EUTF HEALTH AND WELLNESS
Visit our website today at <https://eutf.hawaii.gov/health-and-wellness/>
Contact us at eutfwellness@hawaii.gov

