



EUTF WELLNESS PROGRAM January 2024

Take time for your well-being!



CHALLENGES - Participate and Move!

HEALTHY HOLIDAY CHALLENGE The 4-week challenge ended on December 29, with 234 registrants. Congrats to all the participants! Final results coming soon!

WEBINARS- Click topics below to register!

****NEW FOR 2024-Introducing *Hello Health Information Sessions!* ****
Get to know your health carriers, the benefits offered in your health plans, and tips and tools available to you. Not currently a member? Learn more about the resources that could be accessible to you.



<p>JANUARY WELLNESS EVENTS</p> <p>Take time for YOU!</p> 	<p>HEALTH & WELL-BEING LIVE WEBINARS</p> <p>Get More in 2024!</p> <p>Hello Health Info Session with HMSA January 11 at 11:30 am -12 pm Learn how HMSA benefits can help you reach your 2024 health goals!</p> <p>Better Care, Better Health Hello Health Info Session with Kaiser January 18 at 11:30 am -12 pm Explore convenient ways KP members can access tools and virtual care options!</p>	
---	--	--

Hello Health Info Session for HMSA Members- Get more in 2024!

Get ready to kick off the new year by learning more about HMSA resources to help you with your health goals in 2024! Learn more about well-being resources available to you and your family.

Hello Health Info Session for Kaiser Permanente Members-Better Care, Better Health

Explore convenient and flexible ways for KP members to access and navigate the care and services they need through a better digital and virtual experience.

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.
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