



WELL AWARE

A Quarterly Health & Wellness Benefit Message from EUTF

Spring
2024



Make 2024 your year!

It's time for a fresh start on your journey to a healthier you. There's no better way to self-care than getting your annual preventive visit to help ensure a clean bill of health.

Not only will it help diagnose any existing issues, but a visit with your primary care provider may detect the onset of diseases early when they're less serious and easier to treat and can save you money on long-term health care costs.

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.

Looking for a PCP? Use [Find a Doctor](#) on hmsa.com/eutf or call **(808) 948-6499** or **1 (800) 776-4672**.

Need a healthy nudge? Get free support from a [health coach](#) to meet your health and well-being goals. Call **1 (855) 329-5461**, option 1, or [enroll online](#).

Your oral health is a key to overall wellness. By visiting your dentist for routine exams and cleanings, you not only ensure a brighter, healthier smile but also contribute to your overall well-being.



As a Hawaii Dental Service (HDS) member, you're covered for preventive care, including exams and cleanings, when you choose an HDS participating dentist. Beyond checking your teeth and gums, dentists play a vital role in screening for broader health issues, offering advice, and recommending preventive measures.

To maintain optimal oral health, complement your dental visits with daily brushing, flossing, and a nutritious diet that is low in sugar. Remember, a radiant smile reflects a healthy you!

To learn more about taking care of your oral health, visit HawaiiDentalService.com/eutf



Take charge of your health by staying current on preventive care visits, screenings, and immunizations. Getting recommended screening tests regularly may find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best.

At kp.org, you can choose online, phone, video, and in-person visits with your doctor. Once connected, your doctor will work with you to stay current on screenings and tests that are right for you.

It's also important to take care of yourself and practice self-care — from how you sleep, eat, and exercise to how you manage stress — to help you feel healthier and more balanced. Visit kp.org/selfcare to explore our broad range of self-care resources to help you thrive in mind, body, and spirit.

If you need help choosing the care that's right for you, members can now call our single statewide number **1-833-833-3333 (TTY 711)** to:

- Schedule and cancel appointments
- Get 24/7 medical advice
- Order and refill prescriptions
- And more

Annual Eye Exam



Did you know **8 in 10 people (84%) rate vision as the most important sense**, and nearly everyone (97%) agrees that having healthy eyes is important. But only half of the people surveyed get annual eye exams.

An annual eye exam should be on your list of yearly preventive care appointments. Why? Because during an eye exam, your eye doctor not only looks at your vision, but also your eye and overall health. Over 270 health conditions can be detected early during an eye exam, even before you experience other noticeable symptoms.

At your appointment, simply tell them you have VSP—and we'll take care of the rest! Find a location near you at vsp.com/eye-doctor or call **866.240.8420**.

1.CDC, 2020. 1. Surprising Eye Health Stats, VSP Vision Care YouGov Study, 2018.