



EUTF WELLNESS PROGRAM March 2024

Take time for your well-being!

Monthly Health & Wellness Goal

- ✓ March.-Set Preventative Care Appointments!
- ✓ Feb.-Create Healthy Habits!

HEALTH AND WELLNESS GOALS There are many services included in your health plan benefits to help you reach your wellness goals. Checkout EUTF's Spring health & wellness benefit message, [Well Aware](#), for more information on your preventative health care visits.

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



10K-A-Day CHALLENGE Congrats to the 373 registered participants, including retirees and 22 State/County departments, getting active with the 10K-A-Day 4-week wellness challenge! The challenge ends on March 10, so make sure to record all exercise minutes to earn a chance to win a \$250 VISA gift card. Almost to the finish line, YOU GOT THIS!

WEBINARS- Click titles below to register!

MARCH 2024 WELLNESS EVENTS

Take time for YOU!

HEALTH & WELL-BEING WEBINAR

Preventative Care: An Intro to Health Screenings & Proper Self-Care Practices

Discuss how certain behaviors help keep us healthy. Review the benefits of getting screenings before you have symptoms.

March 21 at 12 pm -12:45 pm

PREVENTATIVE CARE

Preventative Care: An Introduction to Health Screenings and Proper Self-Care Practices

Ever heard the expression “an ounce of prevention is worth a pound of cure” and wonder if it’s true? It is! In this session, we’ll review the benefits of getting screenings before you have symptoms. Topics include screenings specific to women and men and screening for diseases that affect us all. Learn how certain behaviors help keep us healthy, both on paper and in the way we feel. Webinar attendees will be entered to win an HMSA prize pack!

WHAT PARTICIPANTS ARE SAYING ABOUT THIS WORKSHOP:

- This workshop offered lots of information but in a way that made it easy to understand what steps we should take to better our health. Thank you!

PARTICIPANT
- Enjoyed the questions the speaker used to engage audience participation! Really interactive and helpful info. Took a lot of notes I'll be sharing with my family!

PARTICIPANT



Thanks to the 87 participants, from 14 departments, who attended the [Taking Care of YourSELF](#) webinar. Congrats to the gift card winner!

Webinar attendee \$100 Gift Card drawing winner!!!!

Congratulations Carolyn Caires
 Department of Human Services

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.
Webinars on-demand	Unable to attend or want to re-watch a previous webinar? Most Wellness Webinars are recorded and available for the year!

- Upcoming in April
- ❖ April 11-Hello Health-Mental Health Matters (HMSA Members)
 - ❖ April 16-Hello Health-Finding the Best Pharmacy Fit for You (Kaiser Members)
 - ❖ April 24-Advance Care Planning Workshop (All employees and EUTF retirees)