



EUTF WELLNESS PROGRAM

April 2024

Take time for your well-being!

Monthly Health & Wellness Goal

✓ April.- Prioritize your Well-Being!

✓ March.-Set Preventative Care Appts.



HEALTH AND WELLNESS GOALS There are many services included in your health plan benefits to help you reach your personal health goals. Checkout EUTF's [Virtual Wellness Fair](#), and the [Emotional Well-Being](#) wellness station, for resources to support your wellness goals!

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

10K-A-Day CHALLENGE Congrats to all the 10K-A-Day Challenge participants! Visit the [EUTF Health and Wellness website](#) to view final Challenge results and prize winners.

What participants liked about the challenge:

- ❖ "Fun way to challenge myself to exercise."
- ❖ "Doing the challenge with co-workers."
- ❖ "A great and fun challenge that kept me motivated to achieve 10K steps each day."
- ❖ "Loved how the teams across the state of Hawaii come together towards a common goal of celebrating healthy habits."

Top 5 Departments	Program Highlights
1. Human Services	255 participants met their overall challenge goal!
2. Education	
3. County of Hawaii (Tie)	281 employees (76%) logged activity in all 4 weeks of the challenge.
3. City & County of Honolulu (Tie)	
5. Attorney General	

WEBINARS- Click titles below to register!

APRIL 2024 WELLNESS EVENTS

Take time for YOU!



HEALTH & WELL-BEING WEBINARS

Mental Health Matters-Hello Health Session with HMSA
April 11 at 11:30 am -12 pm

Learn about mental health & emotional health resources available to you & your family with HMSA's Behavioral Health Program and HMSA's Online Care.

Finding the Best Pharmacy Fit for You-Hello Health Session with Kaiser
April 16 at 11:30 am -12 pm

Learn about Kaiser's pharmacy options, designed to make it easy & convenient for you to fill your prescriptions, lower costs, & improve health outcomes.

Advance Care Planning
April 24 at 11:30 am -12:15 pm

Discover the importance of having an advance care directive & tools to get started.

Mental Health Matters (HMSA Members)

Learn more about mental health and emotional health resources available to you and your family and why self-care is so critical. Discover valuable member resources available with HMSA's Behavioral Health Program and HMSA's Online Care.

Finding the Best Pharmacy Fit for You (Kaiser Members)

Join us to learn about your pharmacy options, that's designed to make it easy and convenient for you to fill your prescriptions, lower costs and improve health outcomes.

Advance Care Planning*

Discover why it's important for every adult to have an advance care directive. Receive valuable resources and tools including the Starter Guide. Understand your advance care planning benefits and resources.

*webinar will not be recorded

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 May
- ❖ May VSP's Annual Sweepstakes
 - ❖ May 7 Self-Care Challenge Kick-Off Webinar
 - ❖ May 13-June 7 Self-Care Challenge
 - ❖ May 22-Stress Bucket Workshop

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

