



WELL AWARE

A Quarterly Health & Wellness Benefit Message from EUTF

Summer
2024



Chronic Disease and Mental Health

Living with one or more chronic physical health conditions may affect your emotional and mental well-being.

Mental health disorders, such as depression and anxiety, are common among people with a chronic illness such as arthritis, asthma, diabetes, cancer, and heart disease.

At Kaiser Permanente, mental health support is built into our primary care, so members with chronic conditions — who have increased risk for depression — are regularly screened to help facilitate early detection and access to treatment.

The key to managing any condition is to become your own advocate and commit to making better health your passion and cause.

The good news is that there are steps you can take to help manage your mental health when you feel overwhelmed, anxious, and exhausted.

Visit kp.org/mentalhealth to explore the mental health care resources we offer including the no cost [self-care apps](#) listed below.

- Calm - The number one app for sleep and meditation that's designed to help lower stress, anxiety, and more.
- Headspace Care (formerly called Ginger) - Text one-on-one with an emotional support coach anytime, anywhere. Support is just a text message away.

Join us this Summer!

- **June 13**-Strengthen and Stretch at Your Desk Workshop
- **June 27**-A Lifetime of Healthy Smiles Workshop
- **July 10**-Win More In 2024 with HMSA! Session
- **July 18**-HDS Dental Exam Sweepstakes Session
- **August 12**-September 8 Go Gold Challenge
 - **August 6**-Challenge Kick-Off Event
- **August 22**-Managing Your Weight Workshop



Prioritize Your Mental Health

While communities are getting more comfortable discussing mental health, it can still be hard to know where to start. Check out our [mental health resources page](#) with programs and resources available to you and loved ones.

With telehealth, it's even more convenient to get the help you need. HMSA's Online Care® connects you with a therapist or counselor at no cost and in the convenience of your home. Visit hmsa.com/onlinecare or download the free app in the Apple App Store or Google Play Store.

[HMSA's Behavioral Health Program](#) connects you or your loved ones to condition-specific behavioral health resources, education, and other support services. We can also make referrals to behavioral health providers and provide case management services.

To learn more about health and well-being programs, [visit hmsa.com/eutf](http://hmsa.com/eutf), click Member Resources, and Well-being resources or call 1-855-329-5461, option 1. It's never too soon to seek help.

Amwell is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.

Health & Wellness Member Benefits More Resources Available!

Find additional tips and tools to support your wellness goals, mental health, and condition control at [EUTF's Virtual Wellness Fair](#) and on the [EUTF Health and Wellness](#) page.

Find more details on upcoming activities, visit the [EUTF Wellness Challenges and Webinars](#) page! For any questions, or to be added to the EUTF Wellness Champion email list, please contact eutfwellness@hawaii.gov.

