



EUTF WELLNESS PROGRAM May 2024

Take time for your well-being!

Monthly Health & Wellness Goal

- ✓ May - Self-Care & Condition Control
- ✓ April - Prioritize your Well-Being!



[HEALTH AND WELLNESS GOALS](#) Get in touch with your wellness resources, explore our [Virtual Wellness Fair](#). May is Mental Health Awareness Month, access tools to support you!

[CHALLENGES](#) - Participate and Move! Click on Challenges for more info!

[SELF-CARE CHALLENGE](#) The 4-week Self-Care Challenge starts on May 13-June 7. Join the Kick-Off event to learn more about this upcoming challenge and how to register!

[WEBINARS](#)- Click titles below to register!

MAY WELLNESS EVENTS

Take time for YOU!



HEALTH & WELL-BEING WEBINARS

Self-Care Challenge Kick-Off Webinar
May 7 at 12pm-12:30pm

Learn about our upcoming 4-week challenge, starting May 13, and get step-by-step instructions and tips. Find out how to complete activities to improve your mental health & self-care.



Stress Bucket

May 22 at 12pm-12:45pm

Join us to learn simple and enjoyable ways to lower the volume of stress in your bucket.

[Self-Care Challenge Kick-Off](#) Join and discover how to register as an individual or team, log your activities, complete the Challenge, and be entered to win a \$100 Amazon e-gift card!

[Stress Bucket](#) We all have a limited amount of stress we can hold before overflow occurs. Knowing how to manage and drain this stress is crucial in preventing high blood pressure, anxiety, depression, and other health conditions. Learn ways to lower stress in your bucket.

[CAMPAIGNS & INCENTIVES](#)- Click on Campaigns & Incentives for more info!

[VSP Self-Care Sweepstakes](#) A chance to win a pair of designer sunglasses!

1. Create an account at vsp.com. If you already have an account, sign in between 5/1/24 and 7/31/24 to confirm that your email address.
2. To be eligible for the prize, get an eye exam between 8/1/23 and 7/31/24.



[HMSA Cancer Screenings](#) Protect your health: Get your cancer screenings. Now's the time to call your primary care provider to ask if you're due for your screenings. Learn more about [preventative care 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 June

- ❖ May 13-June 7 Self-Care Challenge
- ❖ June 13-Strengthen and Stretch at Your Desk Workshop
- ❖ June 27-A Lifetime of Healthy Smiles

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

