



# EUTF WELLNESS PROGRAM June 2024

Take time for your well-being!

Monthly Health & Wellness Goal

- ✓ June-Be Strong! Muscles, Tendons & Bones
- ✓ May-Self-Care & Condition Control

[HEALTH AND WELLNESS GOALS](#) Be strong in June! Get in touch with your wellness resources and your chiropractic plan benefits, explore the *Muscles, Tendons, and Bones* wellness station on our [Virtual Wellness Fair](#).

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

[SELF-CARE CHALLENGE](#) The 4-week Challenge ends on June 7. Congrats to the 202 members incorporating self-care activities into their day and striving toward completing 600 minutes. Be sure to log activities to be eligible to win 1 of the 25 \$100 Amazon e-gift cards!

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

## JUNE WELLNESS EVENTS

Take time for YOU!



## HEALTH & WELL-BEING WEBINARS

**Strengthen and Stretch at Your Desk**  
Explore exercises that can be done at a desk or workspace to stretch muscles and build strength.  
June 13 at 11:30am-12:15pm

**A Lifetime of Healthy Smiles**  
Learn about the importance of proactive dental care at every stage and how maintaining a healthy smile contributes to longevity and improved quality of life.  
June 27 at 11:30am-12:15pm

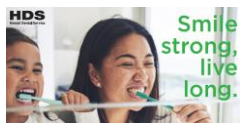


[Strengthen and Stretch at Your Desk](#) Join us and learn exercises that can be done at your desk to stretch and strengthen. We'll also provide you with tips on reducing back pain by improving posture at work. Attend and be entered to win a \$100 VISA gift card!

[A Lifetime of Healthy Smiles](#) This HDS presentation delves into the relationship between our changing bodies and oral health across the lifespan. From childhood to the golden years, we explore how biological shifts impact oral health and overall well-being. Presented by Cecile Sebastian, DDS



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



[HDS Semi-Annual Exams](#) Did you know your EUTF plan with HDS covers semi-annual exams and cleanings at 100%? Take advantage of your dental plan and schedule a visit with your dentist today. Access your [account online](#).

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 this Summer!

- ❖ July 10 Hello Health - Win More in 2024! (HMSA Members)
- ❖ July 18 Hello Health - Dental Exam Sweepstakes (HDS Members)
- ❖ August 22 Managing Your Weight Workshop
- ❖ August 12 - September 8 Go Gold Challenge

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](mailto:eutfwellness@hawaii.gov)

