



EUTF WELLNESS PROGRAM July 2024

Take time for your well-being!


Monthly Health & Wellness Goal

- ✓ July-Stay Connected!
- ✓ June-Be Strong! Muscles, Tendons & Bones

[HEALTH AND WELLNESS GOALS](#) Stay Connected! Visit our [Virtual Wellness Fair](#) and click on the *Connect Online* wellness station to set-up your health carrier online accounts & access EUTF's Member Portal.




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

[GO GOLD CHALLENGE](#) Celebrate the 2024 Olympics, [register](#) for the 4-week  Challenge, which starts on **August 12!** Learn how to aim for daily gold, silver, or bronze medals while climbing the podium to better health, & how to earn chances to win one of the seven \$250 VISA gift cards by participating! Join the [Kick-Off Event](#) on August 6 at 11:30am!

WEBINARS- Click titles below to register!

JULY WELLNESS EVENTS


Take time for YOU!



HEALTH & WELL-BEING WEBINARS

Hello Health-Win More in 2024! HMSA Members
Get ready to kick-off our Annual Well-Being campaign and your chance to win more in 2024!
July 10 at 11:30am-12:00pm

Hello Health-Dental Exam Sweepstakes! HDS Members
Join HDS for a brief introduction of the sweepstakes!
July 18 at 11:30am-12:00pm




[Hello Health-Win More in 2024!](#) Calling all HMSA Members- In this session, learn about your annual health evaluation with your PCP, benefits of My Account, & details on how to enter to win \$1,500.



[Hello Health-Tune Up Your Smile](#) Tune in with Hawaii Dental Service (HDS) to learn why routine dental visits are critical to your overall health. Learn how you can enter the EUTF HDS Tune Up Your Smile Sweepstakes! Scan to register!




CAMPAIGNS & INCENTIVES- Click on Campaigns & Incentives for more info!




TUNE UP YOUR SMILE SWEEPSTAKES

[HDS Tune Up Your Smile Sweepstakes](#) Earn a chance to win headphones!

1. Create a personal account at [HawaiiDentalService.com](#). If you already have an account, log in between July 1, 2024 and August 15, 2024 to confirm that your email address is current.
2. See your dentist for a dental exam and/or cleaning between February 1, 2024 and August 15, 2024. Visit [EUTF Campaigns](#) for official rules and more info.



[Kaiser Rewards](#) Ready to make healthy changes? Earn up to \$100 in rewards by completing digital health programs to support your wellness goals.



See your doctor for a checkup and a chance to win \$1,500

[Win Big in 2024 with HMSA!](#) If you visit your PCP for an in-person annual evaluation and log in to My Account, you'll be entered in a drawing for a chance to win a \$1,500 Visa gift card. For more information about the annual evaluation, see your plan's Guide to Benefits at [hmsa.com/eutf](#).

Host a Worksite "Group Watch"	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!

**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

