



EUTF WELLNESS PROGRAM November 2024

Take time for your well-being!

Monthly Health & Wellness Goal

- ✓ November-Healthy Habits!
- ✓ October-Peace of Mind



HEALTH AND WELLNESS GOALS It's never too late to create healthy habits! Visit our [Virtual Wellness Fair](#) and discover resources and how your health benefits can support your wellness goals.

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

Healthy Holiday Mindfulness Challenge A 4-week challenge to find balance through activities that help manage your expectations and prioritize mental and physical well-being during the holidays. Join the [Kick-Off Event](#) on Nov. 6, learn how to participate on your own or as part of a team. [Register](#) and complete the challenge to earn a chance to win 1 of 10 \$150 Amazon e-gift cards. The challenge starts on November 11 and ends on December 6!

Scan the QR code & Sign-up by Nov. 15!



WEBINARS- Click titles below to register!

NOVEMBER WELLNESS EVENTS

Take time for YOU!



HEALTH & WELL-BEING WEBINARS

Healthy Holiday Challenge Kick-Off November 6 at 12pm

Learn about our 4-week Mindfulness challenge, starting November 11, and how to complete activities to create balance and prioritize mental and physical well-being during the holidays.

Advance Care Planning November 7 at 11:30am

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

Consumer Alert November 20 at 12pm

Review factors that influence our choices and learn ways to eat and drink mindfully.



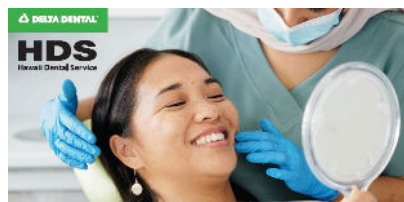
Healthy Holiday Mindfulness Challenge Kick-Off Join the kick-off webinar and get a step-by-step guide on how to participate in the 4-week challenge on your own or as part of a team. EUTF Healthy Holiday Challenge focuses on mindfulness.

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

Consumer Alert! We all need calories and nutrients for energy and to keep our bodies functioning at their best. But our food/drink choices are not often the healthiest. Review factors that influence our consumption and learn approaches to eat and drink mindfully.

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



Level up your smile game! Schedule your dentist visit today.

Regular visits to the dentist for checkups and preventive care are fundamental to making your smile last and preventing tooth decay and gum disease. Don't wait - take advantage of your dental benefits and schedule an appointment today!



November is Diabetes Awareness Month! Prevent type 2 diabetes with healthy habits and lifestyle changes. Get the support you need from the [HMSA EUTF Member Portal](#)

Take these three easy steps:

1. Take the [diabetes risk test](#)
2. Talk to your doctor about the results
3. Take advantage of your [HMSA benefits](#)

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

