



# EUTF Health and Wellness Program

Take time for your well-being!

January 2025 My Health Assessment

## Let the EUTF Health and Wellness Program help you reach your goals!

New Year, New You? Create wellness goals for the new year. Discover how your EUTF health benefits can support your healthy habits in 2025! Here's a few steps to get started:

1. Visit the [EUTF Health and Wellness page](#)
2. Download EUTF's [2025 Health and Wellness Calendar](#) to save the dates for events that align with your goals
3. Get connected! Ask to be added to our list by emailing [eutfwellness@hawaii.gov](mailto:eutfwellness@hawaii.gov)
4. Support others! Plan a [webinar group watch](#) or [wellness fair](#) for your colleagues.



## WEBINARS

Click titles below to register!

### Eat Well, Live Well

January 16 Thursday

11:30am-12:15pm

Explore common truths and myths about eating well and learn tips to eat mindfully and create a healthier plate. Attend & be entered to win \$100 VISA gift card. To register, click on the workshop title or scan the QR code.



### FIT: To be Tried

January 28 Tuesday

11:30am-12:15pm

"Frequency, Intensity, and Time." Review how to structure workouts that factor in frequency, intensity, and time, or FIT. Learn how cardio, strength training, and stretching can be incorporated into a weekly routine. To register, click on the workshop title.

Note : This is an informational class and not a workout. A few exercises will be demonstrated by the presenter.

## Health and Wellness Campaigns

Make your eye health a priority. Schedule your annual eye exam today!

Make your appointment with a VSP® network doctor today. Just let the doctor's office know you have VSP when you schedule your appointment. Scan the QR code or visit [vsp.com/eye-doctor](https://vsp.com/eye-doctor) to find one near you.



### Don't WEIGHT to Get in Shape!

It can be hard to stay at a healthy weight, especially when fast food, vending-machine snacks, and processed foods are so easy to find. But staying at a healthy weight may be easier than you think. If you want to lose or maintain your weight, Kaiser Permanente is here to help. We invite you to participate in our fun and engaging "Don't WEIGHT to Get in Shape" program to help manage your weight and maintain a healthy lifestyle. Visit [kp.org/eutf/getinshape](https://kp.org/eutf/getinshape) to start your journey!



## CHALLENGES

Participate and Move! Click on the challenges title for more info!

### 10K-A-Day Challenge

February 10 Monday-March 9 Sunday

A 4-week physical activity challenge to accumulate 10,000 steps each day. Challenge registration opens on January 8! Bookmark the [10K-A-Day](#) page. Register for the [kick-off webinar](#) on February 5th at 11:30am, learn how to participate, and how to be entered to win one of the \$250 VISA gift cards.



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)