



# Hawaii Employer-Union Health Benefits Trust Fund Don't WEIGHT to Get in Shape 2025 Program Guide

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.

Scan the code or visit our Don't Weight to get in Shape web page at [kp.org/eutf/getinshape](https://kp.org/eutf/getinshape) to start your journey to a healthier you!



[kp.org/eutf/getinshape](https://kp.org/eutf/getinshape)



## All State and County employees, retirees, and dependents ages 18 years and older are invited to participate in our 2025 Don't WEIGHT to Get in Shape program at no additional cost.

Visit [kp.org/eutf/getinshape](https://kp.org/eutf/getinshape) and register for any of our fun and exciting challenges and webinars.



### Make healthy a habit

Staying at a healthy weight is one of the best things you can do for your health. Don't wait if you need to lose weight. A healthier body starts with healthier habits, and making healthy changes is easier than you might think. Here are tips to help you be healthy and happy:

#### 1. Get active

A big part of reaching and staying at a healthy weight is being active. When you're active, you burn calories. Being active helps you lose fat and build lean muscle. We recommend you:

- Pick activities that you enjoy – if you find more than one thing you like doing, do them all.
- Talk to your doctor if you haven't been very active or have health concerns.
- Visit [kp.org/exercise](https://kp.org/exercise) for fitness programs to help you thrive.

#### 2. Eat healthy

Many people eat more than their bodies need. Part of staying at a healthy weight means learning how much food you really need from day-to-day and not eating more than that. Use these tips to eat healthier:

- Portion your meal by filling half of your plate with vegetables, a quarter of your plate with a healthy protein source, and a quarter of your plate with healthy grains or starches.
- Get to know food labels. Reading the nutrition facts panel can help you choose foods and drinks to meet your nutrient needs.
- Visit [kp.org/nutrition](https://kp.org/nutrition) for more healthy nutrition tips.

#### 3. Be proactive with health care

Being proactive about your health means caring for your body before it breaks down. Good health care begins with building a relationship with your personal doctor.

Your doctor can work with you to create your personal action plan to protect your health and monitor your ongoing conditions. It's also important to stay current on preventive care visits, screenings, and immunizations.

#### Am I at a healthy weight?

Your Body Mass Index (BMI) can help you determine whether you're at a healthy or unhealthy weight. In general, the higher your BMI, the greater your risk of developing serious, weight-related health problems.

To calculate your BMI, visit [kp.org/bmi](https://kp.org/bmi).



## Join a wellness challenge

Are you ready for a challenge? Our 4-week wellness challenges provide a sense of adventure and motivation as you learn to practice healthy behaviors. Register for a wellness challenge at [kp.org/eutf/getinshape](https://kp.org/eutf/getinshape).

- **10K-A-Day (starts February 10, 2025):** This physical activity campaign challenges you to accumulate the equivalent of 10,000 steps each day. Use your favorite devices and mobile apps to record exercise minutes that convert to steps for your favorite activities such as biking, pickleball, hiking, and more.
- **Star Trac (starts July 14, 2025):** What could be more fun than a space exploration-themed physical activity challenge? Star Trac inspires participants to take their activity level to new heights by automatically converting your physical activity to steps so everyone can participate.
- **Right on the Money (starts September 15, 2025):** Money mastery may be intimidating for many. Whether laying the foundation of a secure future, fine-tuning money decisions as retirement approaches, or somewhere in between, Right on the Money puts participants on the right path to financial well-being.

## Attend a live online webinar

Be informed! Open to all State and County employees and retirees, our webinars aim to provide information that informs and engages members to be their best.

- **Eat Well, Live Well – Eating Well for your Health:** Learn how the food we eat affects our mind and body. We'll explore the most common truths and myths about eating well and provide options to eat mindfully and create a healthier plate.
  - **Thursday, January 16, 2025, 11:30 a.m.**

- **Family Health:** Review common health concerns and screenings and find strategies to keep every family member healthy while practicing self-care.
  - **Thursday, February 27, 2025, 11:30 a.m.**
- **Preparing Healthy Meals and Dining Out:** Learn practical tips, create healthy meal plans, and identify healthier options to eat healthy at home and on-the-go.
  - **Thursday, March 13, 2025, 11:30 a.m.**
- **Intergenerational Caregiving:** Juggling work, raising a family, and caregiving for an elderly family member may be challenging. Join our webinar to explore creative solutions to meet the caregiving needs of multiple generations.
  - **Thursday, April 17, 2025, 11:30 a.m.**
- **Finding More Margin in Your Day:** Finding time each day to relax and rejuvenate is important to your health. Join our webinar to get tips to lessen time-stress, create healthier boundaries, and build more self-care into your day.
  - **Thursday, May 15, 2025, 11:30 a.m.**
- **Refresh, Renew, Repair Yoga:** Explore practical ways to use a desk or workspace to practice restorative chair yoga to stretch and lengthen the spine, increase blood flow, and release tension.
  - **Thursday, June 5, 2025, 11:30 a.m.**
- **Building Fitness into Your Day:** Explore practical ways to integrate movement into the day, discuss the benefits of exercise, and practice a fitness routine.
  - **Thursday, August 21, 2025, 11:30 a.m.**
- **Why Sleep Matters:** Get simple and effective tools to improve your ability to rest, relax, and sleep.
  - **Thursday, December 11, 2025, 11:30 a.m.**



**Kaiser Foundation Health Plan, Inc.**

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## For Kaiser Permanente members: Health and wellness resources at your fingertips

Good health goes beyond the doctor's office. Explore wellness resources and tools and choose one that fits your life.

- Did you know you can manage your care online? Simply go to **kp.org** to sign up and begin securely accessing many time-saving tools. You can schedule routine appointments, view most lab results, refill most prescriptions, and more.
- Save time and book your appointment online at **kp.org/appointments**. You can also visit **kp.org/getcare** for other care options.
- Do you need a little extra support? Talk to a wellness coach by phone at no additional cost. Your coach will work with you to help you reach your health goals. Call a wellness coach at **808-432-2260**.

## Want to learn more about your plan benefits? Call our Member Services.

Monday through Friday, 7 a.m. to 7 p.m., and Saturday, 9 a.m. to 1 p.m. (closed holidays)

- **808-432-5250** (Oahu)
- **1-844-276-6628** (toll free from neighbor islands)
- **711** (TTY)

For more information about how you can participate in our Don't WEIGHT to Get in Shape program, call **808-271-8184**.

