



EUTF Health and Wellness Program

Take time for your well-being!

February 2025 Get Checked Out

Self-Care is Healthcare!

Utilize your EUTF health benefits to support your healthy habits! 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
4. Support others! Plan a [webinar group watch](#) or [wellness fair](#) for your colleagues.

CHALLENGES

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

10K-A-Day Challenge

February 10, Monday-March 9, Sunday

Deadline to register is February 16!

A 4-week physical activity challenge to accumulate 10,000 steps each day. Challenge registration is open through February 16, scan the QR code to register. Earn a chance to win one of the weekly \$250 VISA gift cards. Visit our [10K-A-Day](#) page for more information.



New and Upcoming

Click on the links for more info!

Checkout these new resources!

- January Webinar Recordings
 - [Eat Well, Live Well: Eating Well For Your Health](#)
 - [FIT: To be Tried](#) password: Eutf2025
- [Kaiser-Dont' Weight to Get in Shape](#)
- [Kaiser-Workforce Health Newsletter](#)
 - [Supported Caregivers: Building a Stronger Team from the Inside Out](#)
- [VSP-Annual Health Exam-Actives](#)

WEBINARS

Click titles below to register!

Make a Muscle

February 20, Thursday

11:30am-12:15pm

Did you know that you have more than 600 skeletal muscles in your body? Learn how muscles work, how to build or maintain muscle strength, and about the importance of recovery after exercise. Attend and be entered to win a wellness prize box over \$60. Click on the workshop title to register.

Family Health

February 27, Thursday

11:30am-12:15pm

Review common health concerns and screenings and find strategies to keep every family member healthy while practicing self-care. Attend & be entered to win \$100 VISA gift card. To register, click on the workshop title or scan the QR code.



Just the Facts

March 4, Tuesday

11:30am-12:15pm

Learn how to read, understand, and compare nutrition facts labels of processed foods to make healthier choices. Attend and be entered to win a wellness prize box over \$60.

Preparing Healthy Meals & Dining Out

March 13, Thursday

11:30am-12:15pm

Get practical tips, identify healthier options, and discover the benefits of making the healthy choice, the easy choice. Attend & be entered to win \$100 VISA gift card!



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