



EUTF Health and Wellness Program

Take time for your well-being!

March 2025 Healthy Habits

Build Healthy Habits

Create and maintain healthy habits! Discover how your health benefits can support you. Here's a few steps to get started:

1. Save the date, May 5, for the next Wellness Challenge. Join the kick-off on April 29!
2. Checkout your EUTF Wellness Plan Benefits.
3. Work with us to coordinate a Health and Wellness event. Get started by using our Wellness Event Planning Form.
4. Get connected! Ask to be added to our list by emailing eutfwellness@hawaii.gov.

Health and Wellness Campaigns



Spring is the perfect time to recharge your health and well-being to make 2025 your best year yet. Whether you want to improve your physical or mental health, we're here to help. A coach in your corner makes it easier to meet your health and well-being goals.

- Know your numbers. Get your annual prevention health evaluation.
- Find a PCP, if you don't already have one.
- Meet with a Health Coach, at no additional cost.

Get started today, call (808)948-6499 or 1(800) 776-4672, or visit hmsa.com/eutf.



Upcoming in April

Click on the links for more info!

- 4/1-Personal Finance
- 4/9-Advance Care Planning
- 4/17-Intergenerational Caregiving
- 4/23-Self-Care Challenge Kick-off
- May-Active Employees Open Enrollment

WEBINARS

Click titles below to register!

Just the Facts

March 4 Tuesday

11:30am-12:15pm

Learn how to read, understand, and compare nutrition fact labels of processed foods to make healthier choices. Attend and be entered to win a wellness prize box valued over \$60. Click on the title to register.

Preparing Healthy Meals & Dining Out



March 13 Thursday

11:30am-12:15pm

Identify healthier options, and discover the benefits of making the healthy choice, the easy choice. Join us for practical tips and healthier options to eat healthy at home and on-the-go. Attend & be entered to win \$100 VISA gift card! Scan the QR code to register.

Host a "Group Watch" at your worksite! 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.

Unable to attend or want to re-watch a previous webinar? Most Wellness Webinars are recorded and available for the year!

CHALLENGES

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

10K-A-Day Challenge

Ends on March 9 Sunday

Cheers to the 443 EUTF members who joined the 10K-A-Day Challenge! The challenge ends March 9. Be sure to log your activities on the 10K-A-Day page to be entered to win one of the \$250 VISA gift cards. Congrats to all our gift card winners!



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