



EUTF Health and Wellness Program

Take time for your well-being!

June 2025 Muscles, Tendons, and Bones

Muscles, Tendons, and Bones

Utilize your Health and Wellness benefits to support your muscles, tendons, and bones.

Checkout these EUTF member benefits:

HMSA365 Discounts

Save money on a variety of health and fitness products and services. Click on the link for info.

Kaiser Fit Rewards

With Fit Rewards, EUTF Kaiser members 16 years or older can pay the \$200 annual membership or renewal fee for fitness centers in the network. Hit your gym 45 days, for at least 30 minutes a visit, by the end of the year, and you can earn a reward of up to \$200. Visit the link for more info.

Health and Wellness Challenges

2025 EUTF Self-Care Challenge May 5 - 30, 2025



CONGRATS to the 300 EUTF members who participated in the EUTF Self-Care Challenge! Shout-out to weekly and grand prize winners!



You asked for more Wellness Challenges in 2025, so here we go! Join Star Trak, a 4-week physical activity challenge with a space exploration theme, starting July 14. Track your activity weekly and earn a chance to win a \$250 VISA gift card. Complete all 4-week challenge goals and earn a chance to win one of three \$250 VISA gift cards. Join the kick-off on July 8 or watch the video to learn more. Registration is open now!

Webinars

Click titles below to register!

Refresh, Renew, Repair Yoga

June 5 Thursday
11:30am-12:15pm



Learn how to use a desk or workspace to practice restorative chair yoga to stretch and lengthen the spine, increase blood flow, and release tension. Attend & be entered to win \$100 VISA gift card! Scan the QR code or click on the title to register.

Glow Goals: Your Smile Journey Starts Today

June 24 Tuesday
11:30am-12:15pm



Join HDS and explore how to build a strong foundation for a smile that shines from the inside out.

Let's uncover the secrets to a glowing smile that goes beyond products - because confidence and care never go out of style. Scan the QR code or click on the title to register.

Star Trak Challenge: Kick-off event

July 8 Tuesday
11:30am-12pm

Join the kick-off event to learn more about the upcoming Star Trak Challenge, that starts on July 14. Click the title 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!



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