

## **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





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

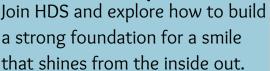
June 5 Thursday 11:30am-12:15pm



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





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 <u>Group</u> <u>Watch Form</u> to the webinar host to be entered in any prize drawings offered.

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

