



# EUTF Health and Wellness Program

Take time for your well-being!


August 2025 Worksite Wellness

## Campaigns and Incentives



HMSA members, get a chance to win a \$1,500 VISA gift card by embracing a healthier you! Your HMSA health plan includes an annual checkup at no cost when you see a primary care provider (PCP) in HMSA's network. This annual preventive health evaluation checks your overall health and identifies potential health conditions early. Follow these steps to be entered in a drawing for a chance to win!

- Step 1: Schedule your exam- Visit your PCP for an in-person annual evaluation by Oct. 31, 2025, if you haven't already completed one within the last year.
- Step 2: Log in to My Account through [hmsa.com/eutf](https://hmsa.com/eutf) by Oct. 31.

For more information see your plan's Guide to Benefits at [hmsa.com/eutf](https://hmsa.com/eutf), or call (808) 948-6404 or 1 (800) 459-3963 Monday through Friday, 8 a.m. to 5 p.m. 

Members who complete their exam between July 1, 2024, and Oct. 31, 2025, are eligible for entry. Virtual and phone appointments don't qualify for entry.



Ready to make a healthy change? Kaiser Members can earn rewards, up to \$100, by completing online activities to support your wellness goals. Take the Total Health Assessment and up to 3 Healthy Lifestyle Programs. Scan the QR code or visit [webmdhealth.com/kp](https://webmdhealth.com/kp) for more info.

**Total Health Assessment (THA):** Take a simple 10-minute online survey and earn \$25 in rewards. With the THA, you can:

- Get a personalized action plan.
- Learn more about your health.

August is National Wellness Month! Looking to promote health and wellness in your workplace? EUTF can assist you in planning activities for your employees. Schedule a fair with EUTF health plan carriers, biometric screenings, a seasonal vaccination clinic, or educational workshop. For more info on hosting an employee well-being event, contact us at [eutfwellness@hawaii.gov](mailto:eutfwellness@hawaii.gov).

## Webinars

Click titles below to register!

### Building Fitness Into Your Day

August 21 Thursday  
11:30am-12:15pm



Explore practical ways to integrate movement into the day, and discuss the benefits of short, simple forms of exercise. Register, attend, & be entered to win a \$100 VISA gift card! Scan the QR code or click on the title to [register](#).

### 808 Trail-Ready

August 26 Tuesday  
11:30am-12:15pm

Learn how to prepare for hiking adventures. Get tips on what to wear, what gear to pack, which trails to explore safely, and how to prevent accidents. [Registration](#) is open. Attend & be entered to win a wellness box valued over \$60!

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.



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](mailto:eutfwellness@hawaii.gov)