



EUTF Health and Wellness Program

Take time for your well-being!

July 2025 Strength, Movement, & Aging Well

Webinars

Click titles below to register!

Crimes Against Spines

July 24 Thursday

11:30am-12:15pm

Improper lifting, poor posture, weight gain, and lack of exercise can contribute to an unhealthy spine. Learn about these areas of neglect and what you can do to help prevent pain and injury. [Register](#), attend & be entered to win a wellness prize box!

Under the Sun

July 15 Tuesday

11:30am-12:15pm

The outdoors provide boundless opportunities for care-free fun in the sun. But danger could be lurking if you're not careful. Get sun and water safety tips to protect you and your family during outdoor activities. You'll also learn how to prevent skin cancer, heat-related illnesses, and more. [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 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

Join our newest Wellness Challenge! [Star Trak](#) is a 4-week physical activity challenge that motivates participants to achieve their wellness goals through a fun and exciting space-exploration theme. The challenge is from July 14- August 10. [Registration](#) is open now! Track your activity weekly and earn a chance to win one of the weekly \$250 VISA gift card. Complete all 4-week challenge goals and earn a chance to win one of three \$250 VISA gift cards. Watch the [video](#) about Star Trak to learn more. [Register](#) now!



Campaigns

EUTF, in collaboration with our health plans, offer programs throughout the year to motivate members to use their health plan benefits. Some activities include prize drawings and incentives!

To learn more about our current campaigns, visit our [campaigns page](#). If you need more info about a specific campaign, please contact the health plan directly.

Care for your smile after dental procedures

Routine dental care after various procedures like crowns, root canals, or extractions is crucial because your teeth and tissues may be more susceptible to damage or infection. Be sure to follow your dentist's instructions for keeping the affected area clean and keep your dentist informed of any severe pain or infection that develops.

See your dentist twice a year for an exam and cleaning. It's covered!

Did you know your EUTF plan with HDS covers semi-annual exams and cleanings at 100%? Take advantage of your dental plan and schedule a visit with your dentist today.

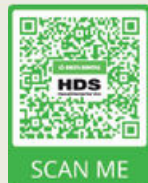


Need help finding a dentist?

Find an HDS participating dentist at [HawaiiDentalService.com/EUTF](https://hawaiidental.com/EUTF). Click "Find a Dentist" and search for nearby dentists by zip code or island name. Select a dentist and call the number provided to schedule an appointment.

Questions? Contact Us.

Call (808) 529-9310 or toll-free at 1-866-702-3883, Monday through Friday, 7:30 AM to 6 PM. Access your account online at [HawaiiDentalService.com/EUTF](https://hawaiidental.com/EUTF).



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