



# WELL AWARE

A Quarterly Health & Wellness Benefit Message from EUTF



Fall 2025

## Preventing Chronic Conditions

If you're at risk of facing a potential health problem—like diabetes, high blood pressure, or persistent pain—we have programs designed to help you prevent developing a chronic condition.



At Kaiser Permanente, we focus on early intervention, preventive care, screening reminders, and comprehensive care management programs.

Our proactive outreach allows us to intervene early — even before you have symptoms or get diagnosed with a disease — using health status, risk factors, and family history to assess your risk status for a chronic condition. And our electronic health record triggers automatic reminders for screenings, so you don't have to initiate every care encounter.

What preventive services are covered?

- Routine physical exams
- Vaccines and immunizations
- Cancer tests and screenings at certain ages for breast, colon, lung, and cervical cancer
- Mental health screenings
- Screenings related to cardiac care, diabetes, osteoporosis, and domestic violence

Members also have access to classes, workshops, and online resources to learn about managing your health and making healthy lifestyle choices. Visit [kp.org/health-wellness](https://kp.org/health-wellness) and sign up for in-person, over-the-phone, and online wellness programs and classes designed to help you achieve your health goals.

If you've been delaying care or haven't connected with your doctor in the past year, visit [kp.org/getcare](https://kp.org/getcare) and choose from the many convenient ways to get care online, by phone, or in-person.

## Preventing Chronic Conditions and Management Programs

### Take Charge of Your Health with HMSA's Condition Care Program

Living with a health condition can be challenging. HMSA's Condition Care Program is here to support you every step of the way.

This program is available at no cost to HMSA members and is designed to help you manage your health with confidence.

You'll work with a local care team that includes nurses, dietitians, diabetes educators, and health coaches. They will work closely with your doctor to coordinate your care and help you understand your medications, create actions plans, and offer tips on nutrition, stress management, and physical activity. You'll also get guidance to address things like transportation, finance, and language or cultural needs.

You can choose to connect on the phone, through virtual visits, or in person. Your care manager will meet with you in your home, in your doctor's office, at an HMSA Center, or another location that works for you.

To enroll, call us at 1 (855) 329-5461, option 1. You can also visit [hmsa.com/well-being/condition-care-program/](https://hmsa.com/well-being/condition-care-program/) or scan the QR code.



### More Resources Available!

Find additional tips and tools to support your wellness goals, prevent chronic conditions, or support to manage them on the [EUTF Health and Wellness page](#).

For more details on upcoming activities, visit the [EUTF Wellness Challenges and Webinars page](#)! For any questions, or to be added to the EUTF Wellness Champion email list, please contact [eutfwellness@hawaii.gov](mailto:eutfwellness@hawaii.gov).

### Upcoming EUTF Activities

**[Right on the Money Challenge](#)**- Join our newest 4-week challenge from September 22-October 19. Money mastery can be intimidating for many, this challenge puts you on the right path to financial well-being. [Register](#) for the kick-off on September 9 at 11:30am to learn more!

**[Preventive Care Workshop](#)**- September 18 at 11:30am. [Register](#) now! Review the benefits of getting screenings before you have symptoms. Discuss how certain behaviors help keep us healthy.

HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND

EUTF HEALTH AND WELLNESS

Website: <https://eutf.hawaii.gov/health-and-wellness/>

Contact: [eutfwellness@hawaii.gov](mailto:eutfwellness@hawaii.gov)