



EUTF Health and Wellness Program

Take time for your well-being!

September 2025 Vaccination Information

Flu Vaccination Information

Utilize your Health benefits to prevent the flu by getting your flu vaccination.

[HMSA Members](#) Your flu vaccination is 100% covered under your medical plan, regardless of whether you receive your vaccine at your physician's office or at a Hawaii [pharmacy](#). Medicare Part B Members, please take your Medicare card with you.

[Kaiser Members](#) Get your no-cost walk-in flu shot at a Kaiser location. Most clinics do not require an appointment. Find a location convenient for you, at kp.org/flu.

[Humana Members](#) Through your Humana plan, Medicare members have \$0 copay for flu shots. Find a doctor or a clinic [here](#).

Health and Wellness Challenges



CONGRATS to the 485 EUTF members from 24 Employers, who participated in the EUTF Star Trak Challenge! Shout-out to 4 weekly winners and 3 challenge goal winners!



More Wellness Challenges in 2025? YES! Here's another brand NEW 4-week wellness challenge, focused on financial wellness. **What it's about**-Money mastery can be intimidating for many. Whether fine-tuning money decisions as retirement approaches or laying the foundation for a secure future, [Right on the Money](#) puts you on the right path to financial well-being. **How it works**- Use your favorite devices and the mobile app to engage in fun and exciting activities to earn virtual dollars and help achieve your financial goals. Right on the Money starts on September 22 and ends on October 19. Earn a chance to win one of seven \$250 Visa gift cards! Join the [kick-off](#) on September 9 at 11:30am, or watch the [video](#) to learn more. Registration for the kick-off and [challenge](#) are open now!



Webinars

Click titles below to register!

Right on the Money Challenge Kick-off

September 9 Tuesday
11:30am-12pm

Right On the Money removes the fear by making learning about finances fun, then inspiring simple steps to financial well-being. Learn more about our newest 4-week challenge, the app, and how to earn virtual dollars for your goals. [Register](#) and join the kick-off event for this upcoming challenge.

Preventive Care

September 18 Thursday
11:30am-12:15pm

An ounce of prevention is worth a pound of cure. In this session, we'll review the benefits of getting screenings before you have symptoms. Topics include screenings specific to women and men. We'll discuss how certain behaviors help keep us healthy, both on paper and in the way we feel. [Register](#) and attend to be entered to win a wellness prize 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 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