



# EUTF Health and Wellness Program

Take time for your well-being!

November 2025 Condition Control

## Webinars

Click titles below to register!

### Heartfelt Smiles: The Vital Connection Between Oral Health and Heart Disease

November 6 Thursday

11:30am-12:15pm

Join us to explore the link between oral health and cardiovascular well-being. Learn how inflammation and bacteria in your gums can influence heart disease and discover the steps you can take to improve both your oral and overall health. Attend and be entered to win a Crest+Oral B Daily Clean Electric Toothbrush Systems (valued at \$75)! Click the [link](#) or scan the QR code to register.



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.

## Health and Wellness Challenges

Calling all EUTF Members - Join the [HMSA Healthy Holiday Challenge!](#)



The holidays are a time for joy, connection, and celebration—but they can also bring stress from packed schedules, financial pressures, and family demands. That’s why this 4-week challenge is here to help you slow down, reset, and prioritize your well-being. Through simple, daily mindfulness activities, you’ll learn how to manage stress, reconnect, and stay grounded.

- Starts: Dec. 1, 2025 | Ends: Dec. 26, 2025
- Complete a total of 600 mindful minutes and be entered in a drawing to win a \$150 Amazon egift card.
- Track your mindful minutes weekly to earn a chance to win a well-being prize.
- Participate on your own or create/join a team.

Join the [kick-off](#) on November 19 to learn more, or [sign-up](#) today! Make this season your healthiest yet, [register](#) for the challenge by December 5!

EUTF Challenges are open to all EUTF Retirees and Members regardless of medical plan affiliation.

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)



## Modern Perils

November 18 Tuesday

Noon-12:45pm

Modern health risks, such as excessive screen time, sedentary occupations, and an abundance of ultra-processed foods and beverages, can be harmful. Learn how modifying our behaviors can improve our health and well-being. [Register](#), attend and be entered to win a prize box valued at \$60!

## Healthy Holiday Mindfulness Challenge Kick-off

November 19 Wednesday

Noon-12:30pm

Join the kickoff webinar to learn more about the EUTF Healthy Holiday Challenge powered by HMSA! This 4-week virtual challenge encourages members to prioritize their mental and physical well-being through simple, daily mindfulness and stress-reducing activities. [Register](#) today and make your holidays healthier, calmer, and more mindful!

2025 EUTF Healthy Holiday Mindfulness Challenge

