



EUTF Health and Wellness Program

Take time for your well-being!

October 2025 Connect Online

Connect Online

Did you know that EUTF Health Plans have websites dedicated to EUTF members? These sites provide information on your health plans, tools to find doctors, services, and programs, give access to resources and forms, tips to best utilize your benefits, and support for any questions you have.

For Questions About...	Please Contact....
Eligibility and EUTF Information	eutf.hawaii.gov
Hawaii Medical Service Association (HMSA)	hmsa.com/eutf
Kaiser Permanente	kp.org/eutf
CVS Caremark (CVS)	caremark.com/eutf
SilverScript (SSI)	eutf.silverscript.com hstavb.silverscript.com
Humana	your.humana.com/eutf
Verdegard Administrators	verdegard-hi.com/eutf
Hawaii Dental Service (HDS)	hawaiiidentalservice.com/eutf
Vision Service Plan (VSP)	eutf.vspforme.com/
Securian Financial	lifebenefits.com/eutf

Health and Wellness Campaigns

A healthy smile supports a healthy heart. Studies increasingly show a strong connection between oral health and heart health. Schedule a dental checkup and you could win a GoPro to capture that glowing smile! Here’s how to enter:

1. Create or login to your account between 10/15/25 and 11/30/25, and confirm your email address at HawaiiDentalService.com.
2. See your dentist for a dental exam and/or cleaning between 6/1/2025 and 11/30/2025

Entrants must complete both steps by November 30, 2025 to be eligible to win. Winners will be notified via email. Scan the QR code for complete contest rules.



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

Webinars

Click titles below to register!

Advance Care Planning

October 14 Tuesday
11:30am-12:15pm

Discover why it’s important for every adult to have an advance care directive. Receive valuable resources and tools including the Starter Guide. Understand your advance care planning benefits and resources. [Register](#) now for this very important webinar. This webinar will not be recorded

Personal Finance

October 23 Thursday
11:30am-12:15pm

Just starting your financial journey or need a refresher? Discover the financial strategies you need to know to overcome barriers and take action. Find out how to:

- Set goals.
- Better manage debt .
- Save more.



Scan the QR code or [register here](#). This webinar will not be recorded.



SMILE STEADY, ADVENTURE



READY

SWEEPSTAKES