



WELL AWARE

A Quarterly Health & Wellness Benefit Message from EUTF



Winter 2025



Tips for Staying Healthy During the Holidays

The holiday season is a time to celebrate, but it can also be challenging for those managing chronic conditions. Here are five quick tips to help you stay well:

1. Stick to your routine: Take [medications](#) as prescribed, stay hydrated, plan your meals, and get enough sleep.
2. Manage stress: Try deep breathing or meditation. [HMSA's Online Care](#) offers emotional support and counseling at no cost.
3. Stay active: Even short bursts of movement, like a 10-minute walk, can help you feel better. Use [HMSA Member Discounts](#) to save on fitness memberships.
4. Stay updated on vaccines: Protect yourself and loved ones by getting your [flu shot](#) and other recommended vaccines.
5. Use your health plan benefits at no cost: Call [HMSA's Condition Care Program](#) at 1 (855) 329-5461, option 1, to help manage chronic conditions.

Asthma tips: Avoid triggers like smoke, strong scents, and cold air. Keep your inhaler when attending gatherings or traveling.

Enjoy the season while staying healthy!
Happy Holidays from [HMSA](#).



Stay Healthy This Holiday Season



Getting an annual eye exam can help detect signs of health conditions. An eye exam may detect signs of serious health conditions including high blood pressure and diabetes, and eye-health conditions, such as glaucoma, macular degeneration and diabetic eye disease.¹ Schedule your eye exam today! Visit eutf.vspforme.com/ for more information on finding a doctor, and accessing quality eye care and your health benefits.

1. Full Picture of Eye Health, American Optometric Association, 2020

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Resources to Stay Healthy During the Holiday Season



Living with Chronic Disease



Kaiser Permanente wishes you a healthy and happy holiday season!

Living with a chronic disease or condition during the holidays can be especially challenging, but with thoughtful planning and self-care, it's possible to enjoy the season while protecting your health and well-being.

As a Kaiser Permanente member, when you are at risk for developing a chronic disease or condition, you are automatically enrolled in our disease management program.

It's also important to get support when you have a chronic condition. Support has many forms and it can help you feel more connected and capable of living well with your condition. Here are some ways you can seek support when you have a chronic condition:

- Work with your health care team - They can help you understand your condition and make decisions about treatments that are right for you.
- Get help from a counselor - A trusted counselor can help you adjust to the changes your condition has on your life.
- Reach out to others - Social support can come from your local community, others who have the same health condition, coworkers, spiritual or religious groups, friends, and family.

The key to managing any condition is to become your own advocate and commit to making better health your passion and cause. If you've been delaying care or haven't connected with your doctor in the past year, visit kp.org/getcare and choose from the many convenient ways to get care online, by phone, or in-person.



Happy Holidays

STAY SAFE AND BE HEALTHY

The EUTF would like to wish you a safe and happy holiday season! 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](#). Stay tuned for our January launch of our 2026 activities. For any questions, or to be added to our email list, please contact eutfwellness@hawaii.gov.

Upcoming December EUTF Activities

- **Healthy Holiday Challenge-December 1-26, 2025**
 - Register by December 5 to join the 4-week mindfulness challenge. Complete a total of 600 mindful minutes and be entered to win a \$150 Amazon egift card!
- **Why Sleep Matters Workshop-December 11 at 11:30am**
 - Join to learn simple and effective tools to improve your ability to rest, relax, and sleep.



HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND

EUTF HEALTH AND WELLNESS

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

Contact: eutfwellness@hawaii.gov

