



EUTF Health and Wellness Program



Take time for your well-being!

January 2026

The EUTF Health and Wellness Program is here to help you reach your goals! Discover how your EUTF health benefits can enhance your 2026 healthy habits! Here's a few ways to get started:

- The 2026 [EUTF Health and Wellness Challenges and Webinars](#) grid is live! Download the [calendar](#), and save dates to support your goals.
- Ask to be added to our distribution list, email eutfwellness@hawaii.gov.
- Your eye doctor is a key part of your healthcare team. With a \$10 copay, your eye doctor and annual exam can detect signs of many health conditions. Visit eutf.vspforme.com/.
- Whether you're looking to boost your health or keep it steady, Kaiser Permanente is here to help. Participate in the fun ["Don't WEIGHT to Get in Shape"](#) program to help you build sustainable habits for a healthier lifestyle.



Health and Wellness Challenges

As the world turns its eyes to the 2026 Winter Games, it's the perfect time to channel that Olympic spirit. [Go Gold](#) inspires participants to aim for medals daily while climbing the podium to better health. It's your time to get moving and shine in this 4-week activity challenge, from February 9-March 8. Track your activity weekly to earn a chance to win a \$250 VISA gift card. Complete all 4-week challenge goals and earn another chance to win one of three \$250 VISA gift cards.

Webinars

Click titles below for more info!

Fitness Your Way January 15 Thursday 11:30am-12:15pm



Identify and practice strategies to fit movements into the day. Find creative ways to move for a better health. Attend & be entered to win \$100 VISA gift card! Scan the QR code to [register](#) or click the title for more info.

Why Weight? January 27 Tuesday 11:30am-12:15pm

Managing your weight can be challenging, but in this workshop, discover the fundamental tools for lifelong success. From understanding why weight management needs to be a priority to creating a support network, learn the keys of readiness, goal setting, nutrition, and exercise to create a sustainable plan. Attend & be entered to win \$100 Amazon e-gift card! [Register](#) now!

Go Gold Challenge: Kick-off event February 4 Wednesday 11:30am-12pm

Join the kick-off event to learn more about the upcoming 4-week Go Gold Challenge, starting on February 9. Click the title to [register](#)!



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