

# WELL AWARE



A Quarterly Health & Wellness Benefit Message From EUTF

Spring 2026



## Beyond Vision: How Eye Exams Can Save Your Life

Your eyes are more than just the gateway to your vision—they're also a powerful diagnostic tool for your overall health. During your annual eye exam, your eye doctor can spot warning signs of numerous systemic diseases, many of which have no early symptoms. Click [here](#) to discover how regular eye exams can help you stay proactive about your health and potentially save your life. For member information, visit [eutf.vspforme.com](http://eutf.vspforme.com).

Join the **Eye on Wellness 2026**. An eye exam enters you for a chance to win a pair of designer sunglasses! Create an account on [vsp.com](http://vsp.com) and have an annual eye exam between May 1, 2026 - July 31, 2026. Look for a postcard mailing in May with details.



## Preventive Screenings for a Healthy Smile

Taking care of your smile starts with regular oral health screenings. During these checkups, your dentist examines your mouth for early signs of decay, gum disease, abnormal tooth wear, alignment issues, and even oral cancers. Catching these problems early gives you and your dentist time to treat issues before they become serious, saving you from painful and expensive procedures later down the road.

Preventive screenings reduce your risk for cavities, gum disease, receding gums, tooth sensitivity, and tooth loss. Beyond your mouth, good oral health may even help prevent serious conditions like diabetes and heart disease.

Regular exams and professional cleanings protect your overall health while saving you time, money, and discomfort. Schedule a dentist appointment today to keep your smile healthy. Call (808) 529-9310 or visit [HawaiiDentalService.com/EUTF](http://HawaiiDentalService.com/EUTF) for assistance finding an HDS participating dentist near you.

## See Your PCP: Be Well, Be Strong in 2026

There's no better time to focus on your health than now. Seeing your primary care provider, or PCP, is an important first step toward a healthier 2026. Your PCP can help you understand key health numbers such as blood pressure, cholesterol, blood sugar, weight, and recommend screenings to support your health and well-being goals.

These visits are available at no cost when you see an in-network provider.

- **EUTF actives** can schedule an annual preventive health evaluation.
- **EUTF retirees** and **HSTA VB actives and retirees** without Medicare can schedule an annual physical exam. Those with Medicare can schedule a wellness visit.

Need help finding a PCP? Visit [hmsa.com/eutf](http://hmsa.com/eutf) and click Find a Doctor, or call (808) 948-6499 or 1 (800) 776-4672.

After your PCP visit, get added support from a health coach at no cost. Health coaches are available to help you reach your goals. Call 1 (855) 329-5461, option 1 or [enroll online](#). Members can also access discounted gym membership through the [Active & Fit Direct Program](#). To learn how much you can save, sign on to [My Account](#) or call 1-844-646-2746 for enrollment assistance.



## Your Health, Your Future: Stay Ahead with Prevention and Smart Living

Preventive screenings and healthy lifestyle choices play a vital role in maintaining long-term wellness. Your preventive screening needs can depend on things like your age, gender, and medical history. Staying up to date on your screenings helps identify potential health issues early, allowing for timely treatment and better outcomes.

When paired with healthy lifestyle habits like balanced nutrition, regular physical activity, and stress management, you invest in your well-being and enjoy better health for years to come.

At Kaiser Permanente, we believe in the total health of our members. That's why we launched Kaiser Permanente Fit Rewards, an exciting program available exclusively to Kaiser Permanente Hawaii members (16 years and older) to earn a rewards equivalent to a free gym membership at applicable locations.

As a Kaiser Permanente member, when you sign in to your [kp.org](http://kp.org) account, you can view your personal reminders for preventive care, get program information and registration access for Fit Rewards, and much more.



HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND  
EUTF HEALTH AND WELLNESS

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

Contact: [eutfwellness@hawaii.gov](mailto:eutfwellness@hawaii.gov)

