



EUTF Health and Wellness Program



Take time for your well-being!

February 2026

February is Heart Health Month! Embrace a healthy heart and utilize your EUTF benefits to support your heart health.

- Self-care is Healthcare! Participate in [EUTF Health and Wellness Challenges and Webinars](#)
- Visit your Primary Care Provider to know your numbers, and set your goals. Need help finding a doctor:
 - [HMSA Members](#)
 - [Kaiser Members](#)
- Learn more about your health plan fitness benefits:
 - [HMSA Members](#)
 - [Kaiser Members](#)

Health and Wellness Challenges

2025 EUTF Healthy Holiday Mindfulness Challenge



Congrats to the 280 members who participated in our Healthy Holiday Challenge! Checkout the results [here](#)!



Our next challenge starts on Feb.9! Celebrate the 2026 Winter Olympics through [Go Gold](#)! The 4 week challenge inspires participants to aim for medals daily while climbing the podium to better health. [Register](#) and track your activity weekly to earn a chance to win a \$250 VISA gift card!



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 for more info!

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

[Register](#) for the Go Gold kick-off to learn more about the upcoming 4-week Challenge, starting on Feb. 9.

Taking Care of Your Heart February 10 Tuesday 11:30am-12:15pm



Learn about heart disease, identify potential risk factors, and explore the Mediterranean and plant-based meal plans for heart health. Attend and be entered to win a \$100 Visa gift card! [Register](#) now!

Hypertension Explained February 19 Thursday 11:30am-12:15pm

Learn what blood pressure numbers mean and how to monitor your numbers. Discover how to prevent and control high blood pressure. Attend and be entered to win a \$100 Amazon e-gift card. Click the title for more information and to [register](#).

The Surprising Things Your Dentist Can Spot February 26 Thursday 11:30am-12:15pm



Explore how dental visits can reveal more than cavities. Learn how dentists can detect early signs of health issues and why regular check-ups are a powerful tool for whole-body wellness. [Attend](#) to be entered to win an Electric Toothbrush!