



EUTF Health and Wellness Program



Take time for your well-being!

March 2026

Campaigns & Incentive Programs

Take the first step toward a healthy 2026

State, city, and county workers and retirees



Start the year right by scheduling your primary care provider (PCP) visit. Your PCP can help you get recommended screenings, understand your numbers, and set health and well-being goals. You also have access to a health coach to help you achieve your goals. All at no extra cost.*

To get started, visit hmsa.com/eutf or call (808)948-6499 or 1(800) 776-4672.



*No cost when you see an in-network provider

An Independent Licensee of the Blue Cross and Blue Shield Association

Health and Wellness Challenges



Congrats to the 385 EUTF members participating in the [Go Gold](#) Challenge, which concludes on Sunday, March 8. We love seeing your fun adventures, pics, and supportive comments posted on the wall! Thanks to everyone's amazing efforts, EUTF has already exceeded its TOTAL MEDALS GOAL!

Congrats to Weeks 1-3 \$250 Gift Card

Winners: Adrian, Brandie, and Alan!

EUTF
Total Medals

5156



1090 741 3325

Goal: 4620

Participants: 385



Webinars

Click titles below for more info!

Takeout Tips

March 11 Wednesday

11:30am-12:15pm

We don't always have time to prepare meals at home. Unfortunately, many of the fast foods that we turn to for convenience are unhealthy. Explore strategies to order takeout. With the right amount of knowledge and determination, we can make "less unhealthy" food choices. Attend and be entered to win a \$100 Amazon e-gift card! [Register](#) now!

Men's Health

March 24 Tuesday

11:30am-12:15pm



Explore what makes men's health unique, strategies to maintain up-to-date screenings, and self-care tools. [Register](#), attend, and be entered to win a \$100 VISA gift card.

Women's Health

March 25 Wednesday

11:30am-12:15pm



Review preventive steps, risk factors, and guidelines for wellness at every life stage, including breast health, reproductive health, and menopause. Be entered to win a \$100 VISA gift card when you [register](#) and attend!

Host a "Group Watch" at your worksite! Simply reserve a space, invite your colleagues, and watch together. After the event, email the [Group Watch Form](#) to the webinar host, within 5 business days, to be entered in any prize drawings.



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