



EUTF Health and Wellness Program



Take time for your well-being!

May 2026

Open Enrollment runs from May 1-May 29, 2026

Open Enrollment (OE) is the time to review whether the health coverage you have for yourself and your family continues to best meet your needs. OE changes should be submitted through the **EUTF Member Self-Service Portal** or complete/submit the EC-1/EC-1H enrollment form and supporting documents to your employer's OE designee by May 29, 2026. To learn more, attend an informational session listed, or to attend a webinar, go to **EUTF's Learning Center** and click on Active Employee Open Enrollment Fair.

Open Enrollment Informational Session Schedule

| IN-PERSON INFORMATIONAL SESSIONS | | | |
|----------------------------------|--------|--|--|
| Dates | Island | Location | Session Times |
| Wednesday, May 6 | Hawaii | Aunty Sally Kaleohano's Luau Hale 799 Piilani St., Hilo, HI 96720 | 9:30-10:00 a.m. 12:00-12:30 p.m. |
| Friday, May 8 | Oahu | Leiopapa A. Kamehameha, State Office Tower 2nd Floor Meeting Rooms 203, 204 235 South Beretania St., Honolulu, HI 96813 | 9:00-9:30 a.m. 3:00-3:30 p.m. |
| Wednesday, May 13 | Kauai | Kauai Community College OCET Rooms 106 C&D 3-1901 Kaunualii Highway, Lihue, HI 96766 | 9:30-10:00 a.m. 12:00-12:30 p.m. |
| Friday, May 15 | Oahu | Kapolei State Office Building (Kakuhihewa) Rooms 111 & 167 601 Kamokila Blvd., Kapolei, HI 96707 | 9:00-9:30 a.m. 3:00-3:30 p.m. |
| Wednesday, May 20 | Maui | UH Maui College Ka'a'ike Bldg., Rooms 105 BCD 310 W. Kaahumanu Ave., Kahului, HI 96732 | 9:30-10:00 a.m. 12:00-12:30 p.m. |
| Thursday, May 21 | Oahu | Windward Community College Hale 'Akoakoa Bldg., Rooms 101-105 45-720 Kealahala Rd., Kaneohe, HI 96744 | 9:00-9:30 a.m. 3:00-3:30 p.m. |
| WEBINAR INFORMATIONAL SESSIONS | | | |
| Dates | | | Session Times |
| May 1, 5, 12, 19, 27 | | | 9:00-9:20 a.m. 11:00-11:20 a.m. 3:15-3:35 p.m. |

Webinars

Click titles below for more info!

Moving from Burnout to Brilliance

May 12 Tuesday
11:30am-12:15pm

Discover how workplace culture, connection, compassion, and taking small steps to practice self-care can reduce burnout and increase motivation. Attend and be entered to win a \$100 Visa gift card!

[Register](#) now!



Stress Bucket

May 21 Thursday
11:30am-12:15pm

We all hold a limited amount of stress before it overflows. Knowing how to manage and drain this stress is crucial in preventing high blood pressure, anxiety, depression, and other health conditions. Learn simple, enjoyable ways to lower the volume of stress. Click the title for more information and to [register](#). Attend and be entered to win a \$100 Amazon e-gift card.

Health and Wellness Challenges

Are you ready to embark on a journey of self-care and personal growth? Join **EUTF's Self-Care Challenge**, powered by HMSA, and transform your well-being. The 4-week challenge is from May 4-May 29. Dedicate just 30 minutes each weekday to activities that nurture your mind, body, and soul. Register by May 8, complete and log a total of 600 minutes of self-care activities, and be entered to win one of fifteen \$200 Amazon e-gift cards. For more info, visit our [website](#) to access the kick-off webinar recording and the challenge How To Guide and FAQs. [Sign up](#) today!

Open to all EUTF members, regardless of health plan, who are 18 years and older and a Hawaii resident.



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