




good nurtured


Let's come together to spread meaningful acts of kindness

Good Nurtured empowers participants to cultivate kindness, strengthen connections, and build simple, daily well-being habits through 3 "Good Things":


GOOD TO ME – GOOD TO YOU – GOOD TO ALL



Good to Me are physical, emotional, and social self-care practices



Good to You are kindness, graciousness, and civility toward people you know



Good to All are acts of goodwill toward people you don't know.

Good Nurtured Challenge

Starts: July 13, 2026
Ends: August 9, 2026

[Click here or scan the code to register today](#)



Earn chances to win a \$250 gift card*

See [official rules](#)



EUTF challenges are open to all EUTF members regardless of health plan coverage, 18 years or older and a Hawaii resident.

Good Nurtured has lots to offer:

Kick-off event:

[Click here](#) to join the kick-off event on July 7, 2026, from 11:30 a.m. to noon.

Track your activity

Use your favorite devices and mobile apps to track your "Good Things" activities.

Registration:

Registration starts: June 29, 2026
Registration ends: July 20, 2026

View this [short video](#) for more information about Good Nurtured.

* Medicare, Medicaid (QUEST Integration), Federal Employee Health Benefits Program (FEHBP), and Postal Service Health Benefits (PSHB) members are not eligible for the \$250 VISA gift card sweepstakes.

One \$250 VISA gift card winner will be randomly selected for each of the 4 weeks from all participants who log physical activity during that week.

In addition, all participants who meet their 4-week challenge goal will be entered into a random drawing to win 1 of 3 \$250 VISA gift cards.

