



EUTF Health and Wellness Program



Take time for your well-being!

June 2026

Health and Wellness Campaigns

VSP/EUTF Eye on Wellness 2026



VSP Members-Eye on Wellness 2026

A simple eye exam enters you for a chance to WIN a pair of designer sunglasses!

- To be eligible for the drawing, see your eye doctor for an eye exam between August 1, 2025 and July 31, 2026.
- Scan the QR code for the official rules.



Open exclusively to EUTF VSP active, retired, or dependent members that are a Hawaii resident at the time of entry and at least 18 years old.

Schedule Your Annual Doctor Visit
You could win a \$300 Amazon e-gift card.

HMSA Members-Your Well-Being Rewarded

Kickstart your journey to better health by making annual doctor visits a priority! Earn a chance to win a \$300 Amazon e-gift card, complete these steps by Oct. 31, 2026:

- Step 1: Schedule your in-person annual evaluation and see your PCP, if you haven't completed an annual exam in the last year.
- Step 2: Register and log in to [My Account](#) and confirm that your email address is current.

Be on the lookout for more info coming to your mailboxes in July!

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Webinars

Click titles below for more info!

**Must register and participate in webinar, or recording within 5 business days to be eligible for prizes.*

Chew on This: How Nutrition, Oral Health, and Bone Strength Work Together

June 9 Tuesday
11:30am-12:15pm

Strong teeth and a healthy smile are built on more than just good oral hygiene. Nutrition provides the essential building blocks that help keep teeth and bones healthy. Explore how nutrition, oral health, and bone strength work together to support overall wellness.



[Register](#) and attend to be entered to win an Electric Toothbrush!

BONE-ified Talk

June 23 Tuesday
11:30am-12:15pm

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue. Gain a better understanding of your bones and how to keep them strong and prevent fractures.

[Register](#) and attend to be entered to win a \$100 Amazon gift card!

Good Nurtured Challenge Kick-off

July 7 Tuesday
11:30am-12pm

[Join](#) the kickoff webinar to learn more about our brand new acts of kindness challenge. The [Good Nurtured](#) wellness challenge starts on July 13!



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