



# EUTF Health and Wellness Program



Take time for your well-being!

July 2026

## Health and Wellness Campaigns

### HDS Members-Grin & Win

Enter to win a Apple iPad!

- Create and log in to your HDS account at [HawaiiDentalService.com/EUTF](https://HawaiiDentalService.com/EUTF) between July 1 and August 30, 2026.
- See your dentist for a dental exam and/or cleaning between March 1 and August 30, 2026.



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

### Kaiser Members-Earn rewards for healthy changes!



Earn up to \$100 in rewards! Complete digital health programs, including the Total Health Assessment and up to three Healthy Lifestyle Programs:

- Total Health Assessment-Do this simple 10-minute online survey and earn \$25 in rewards.
- Healthy Lifestyle Programs-Complete up to 3 online health programs for up to \$75 in rewards.



Start earning your rewards today, scan the QR code or visit [kp.org/rewards](https://kp.org/rewards).

Open exclusively to EUTF Kaiser subscribers and your enrolled spouse/domestic partner, 18 years old and older, except for retirees and those enrolled in the HSTA VB Plan.

## Health and Wellness Challenges



### Good Nurtured Wellness Challenge~ July 13-August 9, 2026

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. [Register](#) for the 4-week challenge, track your activity from July 13-August 9, and earn chances to win a \$250 gift card! To learn more about this brand new challenge, watch the kick-off or this short intro [video](#). [Good Nurtured registration](#) is open now!

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

## Webinars

Click titles below for more info!

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

### 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!

### Sun Safety July 16 Thursday 11:30am-12:15pm

Learn about ultraviolet rays, preventing sun damage, the signs of heat-related illness, and ways to cool down. [Register](#) and attend to be entered to win a \$100 VISA gift card!



### Crimes Against Spines July 28 Tuesday 11:30am-12pm

*\*Please note-If you experience any issues with the registration link, please use an incognito window.*

Many of us ignore our neck and back. Improper lifting, poor posture, weight gain, and lack of exercise can contribute to an unhealthy spine. Learn about these areas of neglect and what you can do to help prevent pain and injury. [Join](#) to be entered to win a \$100 Amazon 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](mailto:eutfwellness@hawaii.gov)