

Take the first step toward a healthy 2026

State, city, and county workers and retirees



Aloha EUTF Members,

Before the new year starts getting busy, do something important for yourself first. Schedule an appointment to see your primary care provider (PCP) at no extra cost.

Your PCP can help you understand your numbers, get recommended screenings, 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.*



Know your numbers. Your PCP can help determine your health status, including blood pressure, cholesterol, blood sugar, and weight. Make an appointment to see your PCP at no extra cost.

- **EUTF actives.** Schedule an annual preventive health evaluation.
- **EUTF retirees and HSTA VB actives and retirees.** Schedule an annual physical exam.



Need help finding a PCP? Visit hmsa.com/eutf and click Find a Doctor.



Hit the ground running. Once you've set goals with your PCP, our health coaches can help you reach them. Health coaching is available by phone at no extra cost. To get started, call 1 (855) 329-5461, option 1, Monday through Friday, 8 a.m. to 5 p.m. Or enroll online.



Get started today
Visit hmsa.com/eutf.
Call (808) 948-6499 or 1 (800) 776-4672.

Make 2026 your year!

*No cost when you see an in-network provider.

