

WELL AWARE



A Quarterly Health & Wellness Benefit Message from the EUTF

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DO YOU KNOW ABOUT THESE BEHAVIORAL HEALTH BENEFITS?



Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

HMSA MEMBERS

Support and help through hard times

Navigating this new normal can be stressful and challenging. Feelings of anxiety, hopelessness, sadness, and fear can arise, but know that you don't have to go through this alone. We're here to help. HMSA offers a behavioral health program that provides referrals to behavioral health professionals, resources, services, and more. To learn more, visit [coronavirus-mental-health-resources/](https://hmsa.com/employer/eutf/coronavirus-mental-health-resources/) or call Beacon Health Options at 695-7700 on Oahu or 1 (855) 856-0578.

For more health and well-being resources, visit hmsa.com/employer/eutf/ and click Member Resources. You'll find information on preventive care, health improvement programs, online education classes, health coaching, and discounts on health-related products and services that you can use to improve your overall health.

KAISER PERMANENTE MEMBERS

Stress management, emotional, and behavioral health resources

The COVID-19 pandemic and its impact to our economy, employment, and finances may have negatively affected people's mental health and created new complications for people already struggling with mental illness and substance use disorders.

We're committed to making sure our members have access to our wide array of services and resources to support the prevention and treatment of mental and behavioral health conditions. To schedule an appointment, call us Monday through Friday, 8 a.m. to 5 p.m.: Oahu: (808) 432-7600 or neighbor islands: 1 (888) 945-7600.

Explore our online and telephonic resources to learn more and find tips and tools.

kp.org/mentalhealth: Learn about mental health and wellness, or substance use services at Kaiser Permanente, including what to expect and how to get care.

kp.org/stressmanagement: Get tips to manage stress, try quick exercises to find calm in the moment, or listen to a podcast.

kp.org/selfcareapps/hi: Kaiser Permanente members can explore interactive activities, in-the-moment coping tools, community support, and more at no cost.

To learn more about your EUTF health and wellness benefits visit our website

<http://eutf.hawaii.gov/health-and-wellness>

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