

RCUH Benefits
Plan Year:
July 1, 2021 - June 30, 2022
HMSA Well-being Programs

RCUH

Research Corporation
of the University of Hawai'i

We're here with you

RCUH

Research Corporation
of the University of Hawai'i

Research Corporation of the
University of Hawai'i

Open Enrollment

Plan year: July 1, 2021 – June 30, 2022



July 2021

INTRO

Aloha. I'm [_____] from HMSA.

Thank you for choosing HMSA. We understand that these are difficult and uncertain times. That's why we're focused on providing you and your family with high-quality plans and programs to support your health and well-being.

At HMSA, we offer a variety of well-being programs from nutrition and physical activity to preventive care and managing chronic conditions. Today I'm going to share a few of our well-being programs available to you and your family.

Take care of your well-being



- Annual preventive health evaluation at no cost
- Screenings and immunizations at no cost
- Health and wellness discounts
 - HMSA365
 - ChooseHealthy®
 - Active&Fit Direct™

Learn more at hmsa.com/well-being.

Active&Fit Direct is a trademark of ASH.

The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. American Specialty Health (ASH) is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

The ChooseHealthy program is provided by ChooseHealthy, Inc., a subsidiary of American Specialty Health, Incorporated (ASH). ChooseHealthy and the ChooseHealthy logo are trademarks of ASH and used with permission herein.

PREVENTIVE CARE and HMSA WELL-BEING PROGRAMS

All of our plans include an annual preventive health evaluation at no cost. We also include other preventive care services like cancer screenings, women's health services and mammograms, and immunizations at no cost. And if you're a parent, you know that nothing is more important than your children's health, so preventive care services are available for them through age 21.

- With HMSA365, you can choose from hundreds of discounts on vision and hearing products, massage therapy, and more.
- With ChooseHealthy, you can save on popular health and fitness brands.
- With Active&Fit Direct, you can access more than 1,500 digital workout videos.

Visit hmsa.com/well-being to learn more.

Get back on track



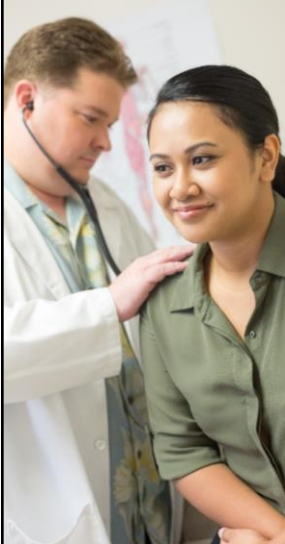
- Ornish Lifestyle Medicine™
 - Improve health to stop or reverse heart disease
 - 18 sessions, \$20 copayment for each session*
 - hmsa.com/well-being/ornish
- Health coaching
 - Call 1 (855) 329-5461 toll-free

*Status of classes may vary due to COVID-19.

Sometimes we need a little extra support managing a chronic condition.

- With HMSA, you have access to Ornish Lifestyle Medicine, a scientifically proven program that can stop and even reverse the effects of heart disease. Classes are conducted in a supportive group setting. Members eligible for this program pay a \$20 copayment for each session and there are 18 sessions. If you're interested, talk to your primary care provider about eligibility and referrals. The status of classes may change due to COVID-19. Learn more at hmsa.com/well-being/ornish.
- Our health coaching program is another way HMSA supports you with a team of registered nurses, dietitians, and other health care professionals. They can provide personalized tips and guidance to help you manage chronic conditions.

Plan ahead to get ahead



- HMSA Pregnancy and Postpartum Support Program
 - Community resources
 - Pregnancy support
 - Postpartum support
 - hmsa.com/pregnancysupport
- Advance care planning
 - Recommended for everyone 18 years and older
 - Revisit your plan at any time

We'll also help you plan for your future.

- Preparing for a baby can be exciting and overwhelming. With the HMSA Pregnancy and Postpartum Support Program, expectant mothers are matched with an experienced maternity nurse who provides support by phone to supplement the care they receive from their ob-gyn. Their nurse continues to support them during the six months after delivery as they transition into motherhood. Learn more at hmsa.com/pregnancysupport.
- Advance care planning is another important benefit you have with HMSA. An advance care plan lets your doctor know how to care for you if you're unable to communicate your own health care wishes because of sickness or injury. Make an appointment with your doctor to discuss your care plan.

Your Online Portal



hmsa.com/well-being

- Learn about well-being programs

My Account

- Access Active&Fit Direct and Choose Healthy
- View information about your health plan
 - Claims and *Guide to Benefits*
 - Use the annual out-of-pocket maximum and deductible calculators
 - Print or request your HMSA membership card

SLIDE – hmsa.com & My Account

That's a quick look at what we offer. Visit hmsa.com/well-being to learn more.

You can also access Active&Fit Direct and Choose Healthy discount programs by logging into your My Account at hmsa.com. In My Account, you can view information specific to your health plan, such as your claims and download your *Guide to Benefits*. You can also keep track of your annual out-of-pocket maximum or deductible (if any), and request or print a duplicate of your HMSA membership card.

A short video on how to use My Account is available on the RCUH employee intranet.

We're here for you



Call us

Preferred Provider Plan & CompMED (PPO)

- 948-6111

Health Plan Hawaii (HMO)

- 948-6372

Neighbor Islands

- 1 (800) 776-4672 toll-free

Visit us

HMSA Centers and offices in Hilo, Honolulu, Pearl City, Kahului, Kailua-Kona, and Lihue

SLIDE – Closing & Contact

As always, we're here to serve you.

Call, visit, or connect with us on social media. We'll be here to help you. Call the phone number on your membership card or go to hmsa.com/contact for locations and hours, phone numbers, and a link to our Facebook page.

Our friendly, knowledgeable, and licensed HMSA representatives will welcome you to our centers and focus on assisting you. Please note that we've made health and safety modifications to our centers and offices during the pandemic and ask that all visitors follow guidelines to minimize the risk of spreading COVID-19.

We're available to answer your questions, make sure you get the proper care, and help with whatever you may need.

Thank you for your time.

And mahalo for choosing HMSA!

If you have any questions about open enrollment, eligibility, or assistance with forms, please contact RCUH Benefits at:

- Email: rcuh_benefits@rcuh.com
- Phone: (808) 956-2326 or (808) 956-6979

If you are a current member and have specific questions about your health plan benefits, please contact HMSA at:

- Preferred Provider Plan and CompMED (PPO)
948-6111
- Health Plan Hawaii (HMO)
948-6372

Policies and forms

- [3.520 RCUH Health Plans](#)
- [3.520A Addendum: RCUH Health Plans](#)
- [RCUH Group Health Plan Enrollment Form \(B-5Ha\)](#)



Research Corporation
of the University of Hawai'i