

Put your health first with preventive care



An annual visit with your doctor can improve or save your life.

With HMSA, you can take advantage of an annual preventive health evaluation (APHE). This important preventive care visit is available at no cost when you see a primary care provider (PCP) in our network. The evaluation includes:

- A health assessment.
- A review of your health history.
- Discussion of health risks.
- Review of prior screening test results.
- Additional screenings as needed.

For more information and to see if this visit is included in your plan, please see your plan's *Guide to Benefits*.

Since your PCP is at the center of your care, it's important to choose a doctor who's right for you. To search for a doctor by name or location, use the Find a Doctor tool on hmsa.com.

If you have questions, please call us.

- CompMED and Preferred Provider Plan (PPO) members: 948-6111 on Oahu or 1 (800) 776-4672 toll-free.
- Health Plan Hawaii (HMO) members: 948-6372 on Oahu or 1 (800) 776-4672 toll-free.

Thank you for choosing HMSA to improve your health.



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