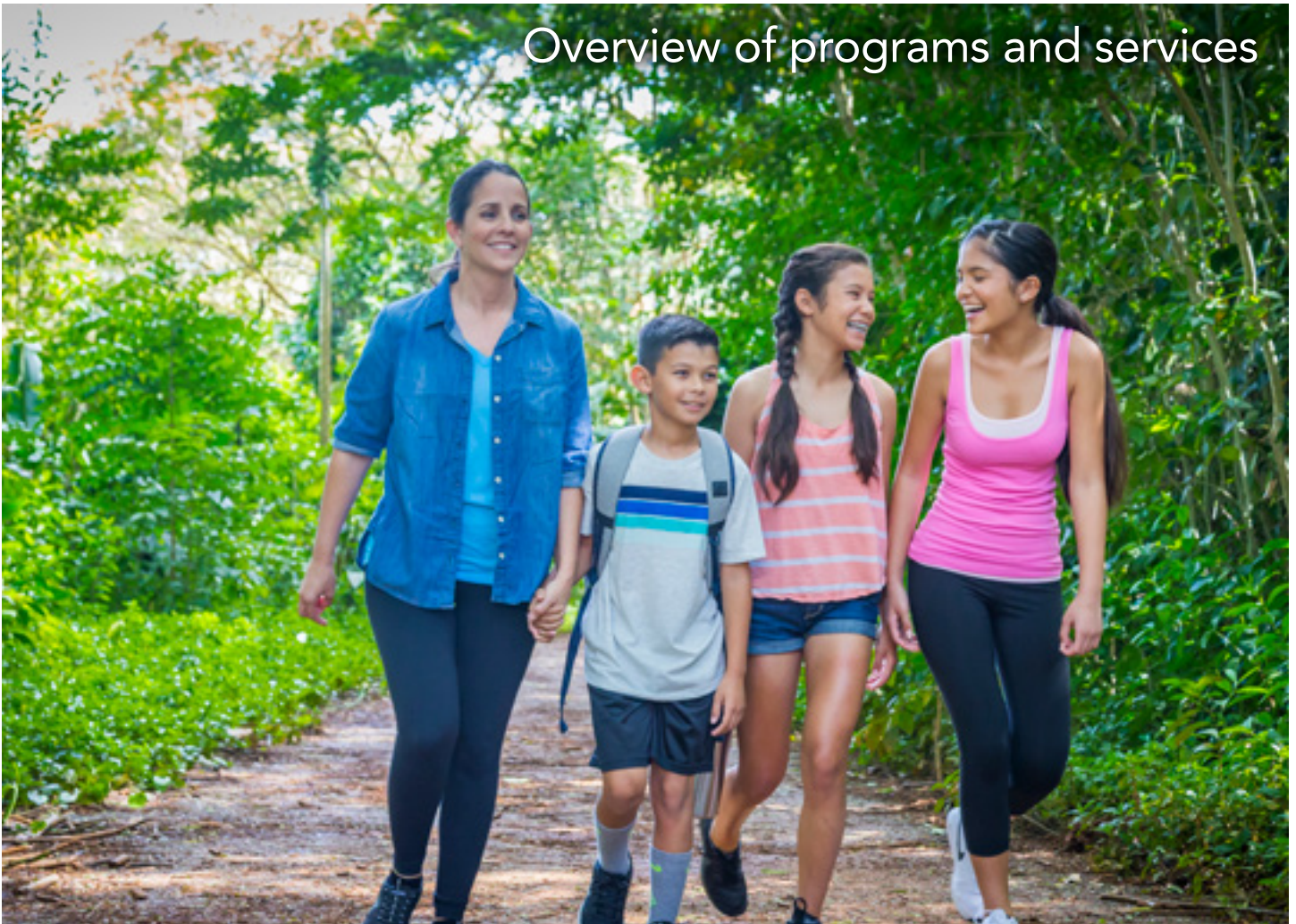
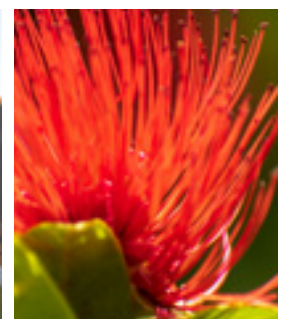


HMSA's Well-being Resources

Overview of programs and services



HMSA is here with you



An Independent Licensee of the Blue Cross and Blue Shield Association

HMSA's Well-being Resources

Supporting our members means more than providing quality benefits when they're ill or injured. It's helping to keep them healthy, prevent illness and injury, and live well through every stage of their lives.

That's why HMSA offers many well-being programs and plan benefits for members from nutrition and physical activity to preventive care and managing chronic illness.

These services are flexible and varied. They're designed to provide members with tools to improve and maintain their well-being in the ways that suit them best.

From healthy eating and physical activity to managing a chronic condition or recovery from injury, HMSA's well-being programs support members to help them live their healthiest possible lives no matter their age or situation.

Lifestyle Resources

- **Complementary care** benefits for massage therapy, acupuncture, and chiropractic care.
- **HMSA365** member savings program for fitness, healthy living, and well-being products and services.
- **Active&Fit Direct™** program with access to discounted gym memberships and fitness classes nationwide.
- **Silver&Fit®** program with no-cost fitness center memberships for HMSA Medicare Advantage members.
- **Travel benefits** when away from home.
- **Island Scene** health and well-being print and digital magazine.
- **Blue Zones Project®** community programs to promote well-being statewide.
- **ChooseHealthy®** with savings on popular health and fitness brands, services from specialty health care practitioners, and more.



Health Resources

- **HMSA's Online Care®** is a convenient way to see a doctor 24/7 from home. All you need is a computer, smartphone, or tablet.
- **Urgent care** benefits to see a provider without an appointment.
- **MinuteClinic®** offers care for everyday health needs.
- **Hawai'i Tobacco Quitline** provides support to quit tobacco for good.
- **Health coaching** over the phone can help you and your family reach your health and well-being goals.
- **My Account** allows you to manage your family's health needs and records.
- **Caregiver resources** offer information to help caregivers manage their many responsibilities.



Preventive Care

- **Find a Doctor** on hmsa.com to help members find a health care provider.
- **Diabetes Prevention Program** for a healthier lifestyle through CDC-recognized workshops and resources.
- **Annual Preventive Health Evaluation** when seeing a primary care provider in the HMSA network.
- **Personal screening checklist** with recommended screenings and tests.
- **Worksite well-being programs** supporting employee health and well-being.
- **Health education workshops** are fun, interactive ways to teach members about their well-being, including:
 - Disease awareness.
 - General health and fitness.
 - Injury prevention.
 - Nutrition.
 - Stress management.
 - Weight awareness.
- **Mental health resources** to support emotional and behavioral health and well-being.



Medical Conditions

- **HMSA Health and Well-being Support** provides assistance for members with chronic health conditions.
- **Ornish Lifestyle Medicine™** is a nine-week program to help reverse heart disease.
- **HMSA Behavioral Health Program** for emotional, mental, and substance abuse support.
- **HMSA Pregnancy and Postpartum Support Program** for personalized prenatal care support for a healthy pregnancy.
- **Diabetes education** has resources for members living with diabetes.
- **Advance care planning** when you need to make sensitive health care decisions.
- **Care Access Assistance Program** to access specialty care not available on the Neighbor Islands.
- **HMSA Supportive Care** helps members manage symptoms and stresses of serious illness.
- **Accordant Care Rare Program** for support to help manage rare and complex conditions to maximize overall health.





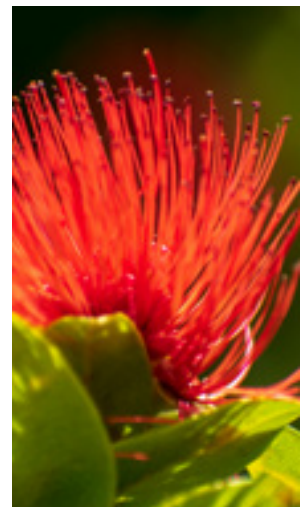
What is “well-being”?

Well-being is the state of being healthy, comfortable, and happy.

Well-being is good physical health, having positive emotions, managing negative emotions, social interaction, freedom from pain, and living your healthiest possible life no matter your age or situation.

HMSA believes that well-being can be an actively pursued and attainable goal. We are committed to helping our members achieve their own sense of well-being through a wide range of programs and resources.

For more information, visit hmsa.com/well-being or call us at (808) 948-6079.



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.

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Amwell® is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.