

Luana i ke ola maika'i

Enjoying good health



PREVENTION IS THE KEY TO GOOD HEALTH

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Bundle of joy

Thinking about getting pregnant?
Or just found out you're expecting?
If you haven't already scheduled an appointment with your primary care provider (PCP), now's the time!

Your PCP can help keep you and your baby healthy. You can also ask questions and find out what to expect during your pregnancy.

Your HMSA QUEST Integration plan pays for:

- Prenatal visits.
- Health care that's part of your pregnancy.
- Delivery of your baby.

You'll also receive support along the way. Ask us about:

- Pregnancy classes.
- Breast pump rentals.
- Breastfeeding support.
- And more.

Enroll in prenatal care services now!

Call 1 (855) 329-5461 toll-free. TTY users, call 1 (877) 447-5990 toll-free.

Keep your keiki healthy

It's important for children to see their PCP regularly, not just when they're sick. Preventive care is medical care that can help stop an illness or injury.

It's important to find and treat health problems as early as possible, especially for children. With the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) program, your keiki can get preventive services that will keep them happy and healthy.

Free EPSDT checkups with:

- Complete physical exam.
- Lab tests.
- Immunizations.
- Vision/hearing screening.
- Developmental and behavioral screening.
- Advice and guidance.
- Referrals to specialists.
- Oral (mouth) checkups.
- Prescription medications.

Track your child's EPSDT checkups

Newborn and Infants

- 14 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months

Children and Teens

- 15 months
- 18 months
- 2 years
- 3 years
- 4 years
- 5 years
- 6 years
- 8 years
- 10 years
- 12 years
- 14 years
- 16 years

Young Adults

- 18 years
- 20 years



Quitting time

Whether you're thinking about quitting smoking for the first time or you've tried quitting before, we're here to support you. Quitting smoking is hard, but don't give up. We have a program that can help you.

How do I quit?

It's easier to quit when you have support and guidance. Enroll in QuitNet®, a program that's a benefit of your health plan. With QuitNet, you'll get:

- A personalized quit plan.
- Expert support over the phone or online.
- Medications recommended by the latest public health service guidelines.

Who do I contact?

Call 1 (855) 329-5461 toll-free to learn more and enroll.

For TTY, call 1 (877) 447-5990 toll-free.

You're not alone

If you've never tried a quit-smoking program or you've tried to quit in the past, give QuitNet a shot. We're here to support you every step of the way.



Are you at risk for diabetes?

Does someone in your family have diabetes? Or are you worried you might become diabetic? One out of three people in Hawaii have diabetes or prediabetes and don't even know it.

You may have type 2 diabetes if:

- Diabetes runs in your family.
- You're overweight.
- You eat an unhealthy diet.

What you can do

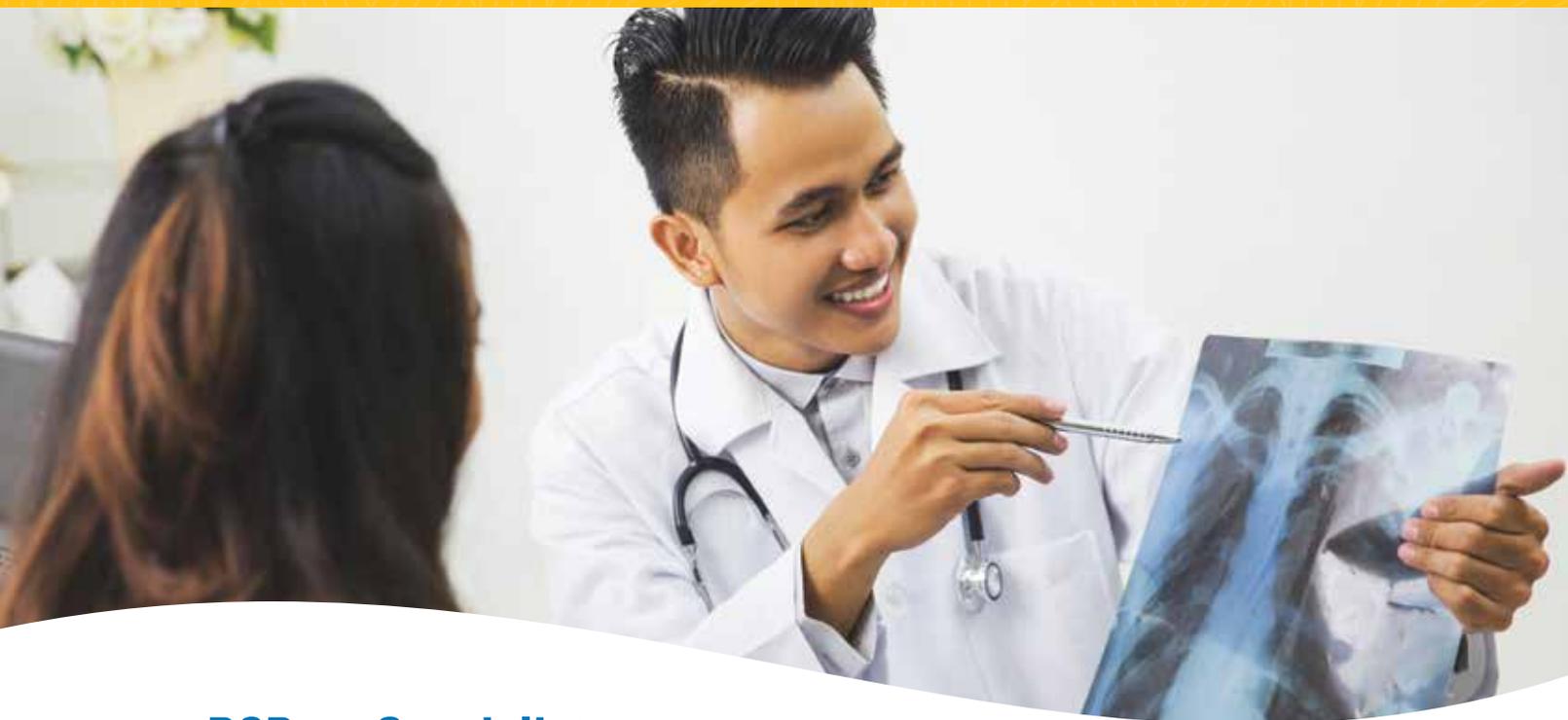
Talk to your doctor. Your PCP can give you advice about how to prevent diabetes and get you screened for diabetes.

HMSA can help

We provide you with health coaching that offers guidance and support for people who have diabetes and other health issues. For more information about preventing diabetes or health coaching, visit hmsa.com or call 1 (855) 329-5461 toll-free.

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Healthways, Inc.®, is an independent company that provides well-being programs to engage members on behalf of HMSA.



PCP vs. Specialist: What's the difference?

Your PCP is your go-to person when you're not feeling well since they know you and your medical history. They can also do preventive screenings and answer general questions about your health. Sometimes your PCP will refer you to a specialist who can treat a specific health condition.

When do I need a referral?

Your PCP may refer you to a specialist such as:

- Allergist for allergies.
- Dermatologist for acne.
- Cardiologist for heart disease.

Do I always need a referral to see a specialist?

No, not always. Here are some services that don't need a referral:

- Behavioral health services from a licensed psychiatrist, clinical social worker, or family therapist.
- Family planning.
- Vision care, including eye exams and fittings for eyeglasses.
- Women's health for screenings such as breast exams, mammograms, Pap test, and pelvic exams.

If you need a specialist, be sure to talk to your PCP first. They can help find someone right for you who's part of the HMSA QUEST Integration provider network.

You can also go to HMSA's website at hmsa.com and click Find a Doctor on the home page.



Get healthy now. We'll show you how!

Taking small steps toward better health and well-being can lead to life-changing results. Our health education workshops can get you where you want to be.

These workshops are fun and informative. And there's no cost to HMSA members. Get your family and friends involved and bring them along. (Nonmembers can attend if space is available.)

Here are a few workshops to get you started:

- **Family Fitness.** Exercise for the whole family can be fun.
- **Stress Bucket.** Live with less stress and experience a better life.
- **Supermarketing!** Making healthy food choices can be simple if you shop with a plan. Find out how to make your trip to the grocery store stress-free.
- **Diabetes 101:** Understanding Diabetes. Learn the basic facts, risk factors, and possible complications related to diabetes. See how lifestyle behaviors can help improve blood glucose levels.

Check out a complete workshop schedule at hmsa.com/well-being/workshops/.

Register early to reserve your seat.

Call 1 (855) 329-5461, option 1, toll-free.

TTY users, call 1 (877) 447-5990 toll-free.

Online Care is always there

Try HMSA's Online Care® if you have a question for a doctor or specialist, but you can't get to an office.

Online Care is free for HMSA QUEST Integration members. You don't need an appointment and you can see a doctor 24 hours a day, seven days a week, from the comfort and privacy of your home or anywhere that's convenient. If you need medicine, prescriptions can be sent to your pharmacy.

All you need is a computer, tablet, or smartphone and an internet connection.

Download the free app or visit hmsaonlinecare.com from your computer to get started.

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



An Independent Licensee of the Blue Cross and Blue Shield Association

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Important Information About Your Health Plan

HMSA complies with applicable federal civil rights laws. We don't discriminate on the basis of:

- Race.
- Color.
- National origin.
- Age.
- Disability.
- Sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1 (800) 440-0640 toll-free (TDD/TTY: 1 (877) 447-5990).

(Ilocano) PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 1 (800) 440-0640 toll-free (TDD/TTY: 1 (877) 447-5990).

(Traditional Chinese) 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1 (800) 440-0640 toll-free (TDD/TTY: 1 (877) 447-5990)。

(Korean) 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1 (800) 440-0640 toll-free (TDD/TTY: 1 (877) 447-5990) 번으로 전화해 주십시오.

(Vietnamese) CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1 (800) 440-0640 toll-free (TDD/TTY: 1 (877) 447-5990).