

# *Luana i ke ola maika'i* Enjoying good health



**Tips for a lifetime of good health and well-being are here.**

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## Open Enrollment: Stick With HMSA

### **You don't have to do a thing.**

Open enrollment begins October 1. If you want to keep your HMSA plan, you don't have to do anything. Your plan will continue through 2019. We want you to know that caring for our families, friends, and neighbors is our privilege.

### **What's great about HMSA QUEST Integration?**

**Choice.** Choose from more than 3,000 doctors, hospitals, urgent care clinics, and other health care providers in Hawaii. It's easy to get care close to where you live or work.

**Peace of mind.** Together, we can achieve your health and well-being goals. Take advantage of annual check-ups at your doctor's office or through HMSA's Online Care®.

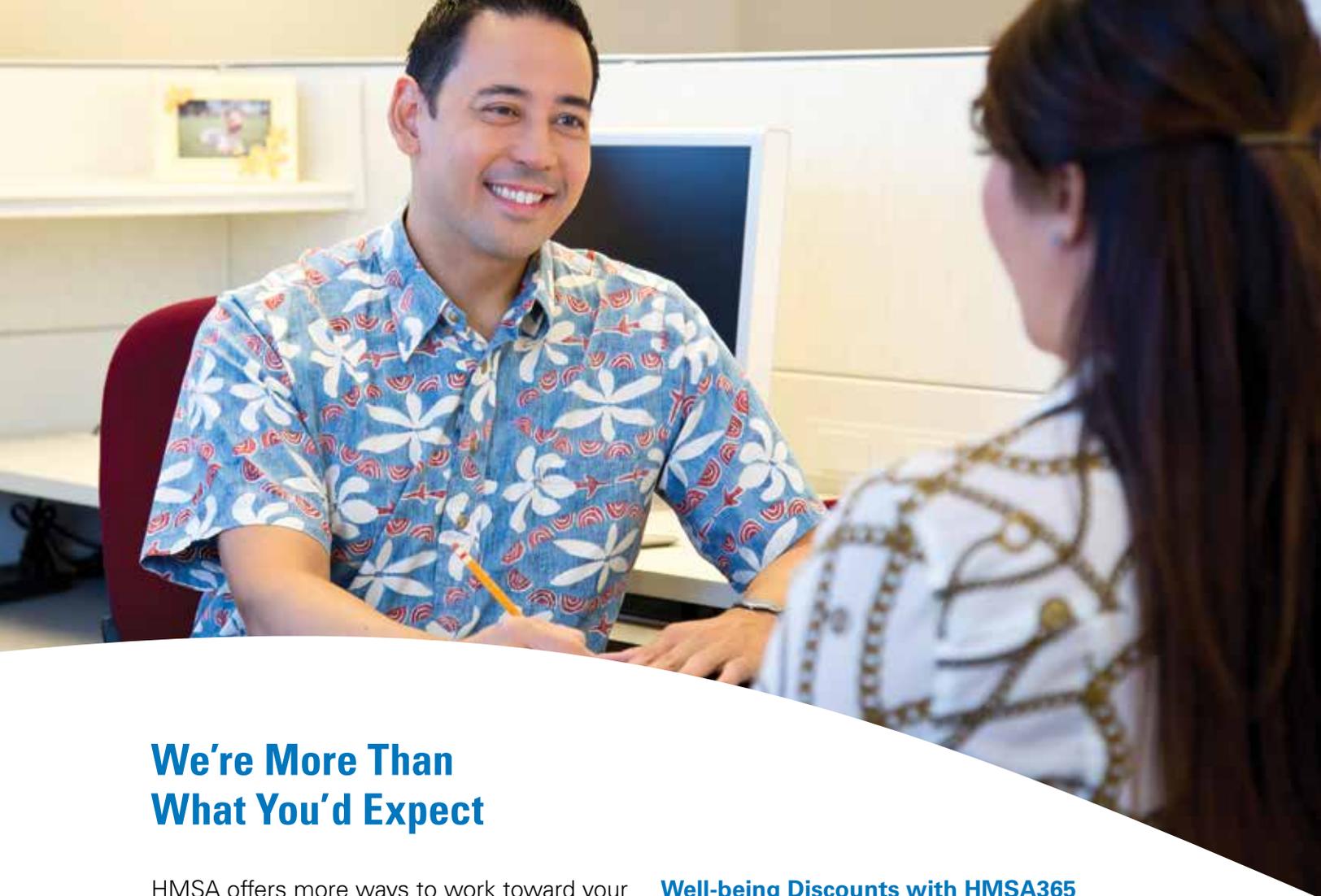
**Here for you.** We'll help you find a doctor and answer questions about your health plan 24 hours a day, seven days a week.

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**Call.** 948-6486 or 1 (800) 440-0640 toll-free.  
TTY: 1 (877) 447-5990

**Visit.** Talk to us in person at an HMSA Center or office. For locations and hours, see [hmsa.com/contact](http://hmsa.com/contact).

**Learn.** [hmsa.com/QUEST](http://hmsa.com/QUEST) has information about plans, benefits, and more.



## We're More Than What You'd Expect

HMSA offers more ways to work toward your goals for better health than what you may expect from a health plan.

### Sign up for workshops that get you going.

- They're free! Bring a friend or family member.
- Be more physically active.
- Make healthy eating a part of your lifestyle.
- Manage and lower stress.
- Prevent and manage high blood pressure.
- Stay healthy during flu season.
- And more!

To see a complete schedule, go to [hmsa.com/well-being/workshops](https://hmsa.com/well-being/workshops). To register, call 1 (855) 329-5461, option 1, toll-free. TTY users, call 1 (877) 447-5990 toll-free. Please register at least three days before the workshop. Non-HMSA members may attend if space is available.

### Well-being Discounts with HMSA365

Save on health and well-being products and services, such as:

- Gym memberships.
- Exercise classes.
- Massage therapy.
- Weight management programs.
- Vision services like glasses, contacts, and LASIK.

See the full range of services and products at [hmsa.com/well-being/hmsa365](https://hmsa.com/well-being/hmsa365). Browse participating businesses by island or type of service. For questions about HMSA365, call 1 (855) 329-5461 toll-free. TTY users, call 1 (877) 447-5990 toll-free.



## We Hope to Hear from You Soon

We want you to be happy with your HMSA QUEST Integration plan. If you are, please let us know. Or tell us how we can do better. Your feedback helps us improve how we serve you and your family.

**Call Andreas Cravalho, executive director,  
HMSA QUEST Integration at:**

- 948-5250
- 1 (800) 440-0640, ext. 5250, toll-free
- TTY users, call 1 (800) 447-5990 toll-free



## Save Extra at Longs Drugs

Because you're an HMSA member, you get the CVS Caremark ExtraCare® Health card at no cost. The ExtraCare card saves you money with discounts on CVS/pharmacy Brand health-related items purchased at Longs Drugs or online at cvs.com.

**Three convenient ways to use your ExtraCare card:**

1. Each household gets two key tags in the mail. Present this card whenever you shop.
2. After you link a phone number to your card, simply tell the cashier your phone number to access your account.
3. Download the CVS/pharmacy mobile app to use your virtual ExtraCare card. It can be scanned at most registers and ExtraCare Coupon Centers.

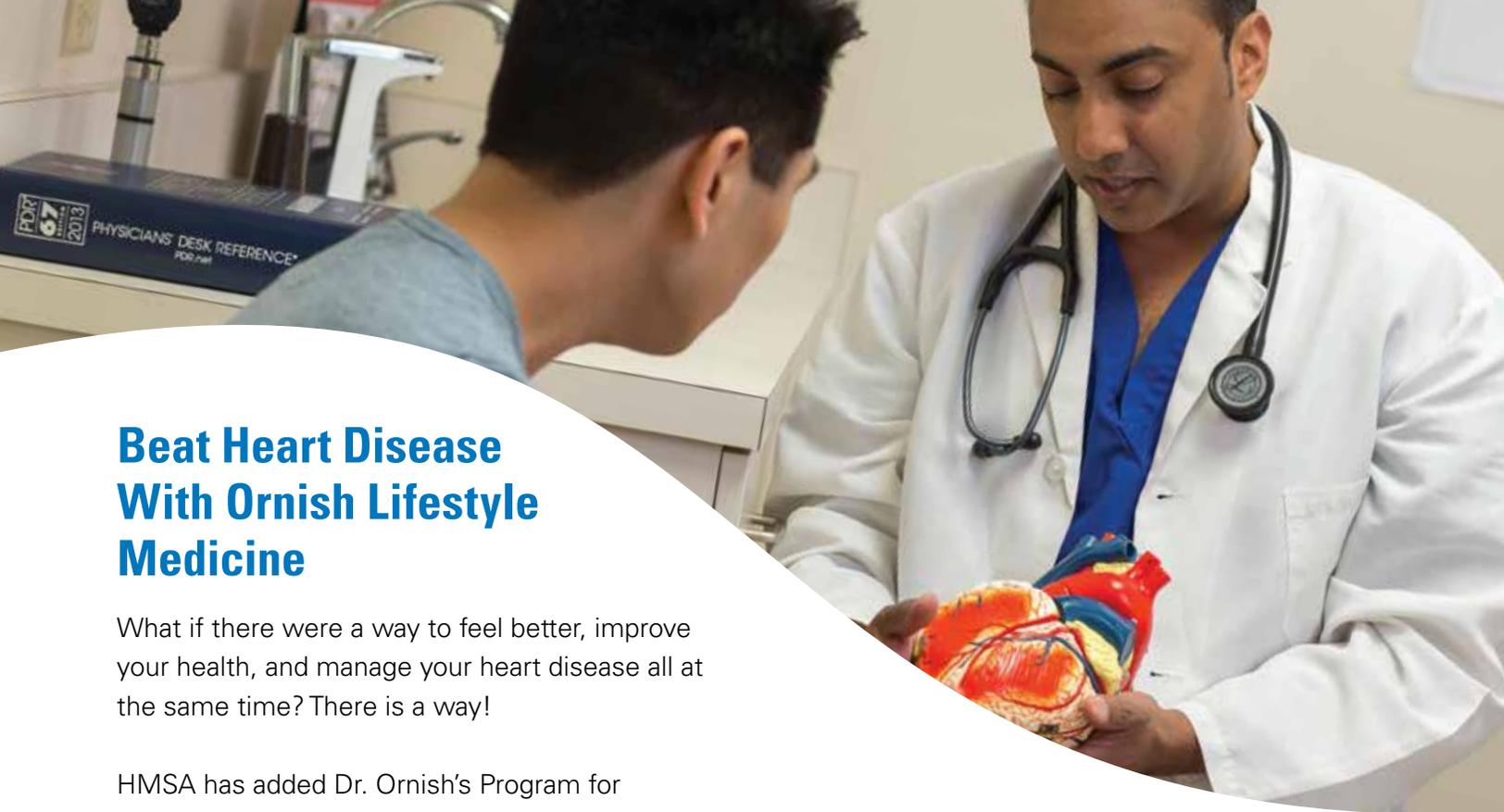
If you have any questions or need a replacement card, call 1 (888) 543-5938 toll-free.



## Protect Your Identity

As an HMSA member, you get identity protection at no cost. The HMSA Identity Protection Program includes credit monitoring, identity theft monitoring, and identity theft resolution. Once you sign up, your coverage renews annually and it's free with your HMSA QUEST Integration plan.

Go to [hmsa.com/all-clear-id](https://hmsa.com/all-clear-id) and sign up today.



## Beat Heart Disease With Ornish Lifestyle Medicine

What if there were a way to feel better, improve your health, and manage your heart disease all at the same time? There is a way!

HMSA has added Dr. Ornish's Program for Reversing Heart Disease® to its QUEST Integration plan. Meet up with others who have the same goal of reversing their heart disease and improving overall health. The program gets to the root causes of heart disease and what you can do to make a big difference in reducing its effects. Here are some of the program's benefits:

- More energy.
- Improved quality of life.
- Decreased chances of surgery.
- Reduced risk of heart-related events.
- Improved ability to manage stress.

### Who is the program for?

Ornish Lifestyle Medicine is for people who are at risk for or who have heart disease. You may be eligible for this program if you've had any of the following:

- Balloon angioplasty or coronary stenting.
- Chest pain.
- Coronary artery bypass surgery.
- Diabetes.
- Heart attack within the past 12 months.
- Heart or heart-lung transplant
- Heart valve repair or replacement.
- High blood pressure or cholesterol.
- Obesity.

In combination with current therapies, treatments, and medication, the program has reduced the amount of daily medication needed to manage heart disease and the risk of repeat procedures.

If you're interested in participating, let your primary care provider (PCP) or cardiologist know. Or contact an Ornish Lifestyle Medicine delivery site:

#### On Oahu

##### *'Ekahi Health System*

500 Ala Moana Blvd.,  
Suite 6D  
Honolulu, HI 96813  
Phone: 777-4001

##### *Hawaii Pacific Health Straub Medical Center*

1100 Ward Ave.,  
Suite 715  
Honolulu, HI 96814  
Phone: 522-4114

#### On Hawaii Island

##### **(Big Island)**

##### *Hilo Medical Center*

1190 Waianuenue Avenue  
Hilo, HI 96720  
Phone: 932-3455

##### *Island Heart Care*

75-1027 Henry Street,  
Suite 110  
Kailua Kona, HI 96740  
Phone: 769-5225



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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).