



# Your Health, Your Reward

A chance to win **\$1,500** to use your way

## Embrace a healthier you and unlock amazing rewards!

Kickstart your journey to better health by making annual doctor visits a priority, even when you feel great. These regular checkups are key to catching potential health issues early, ensuring you stay at your best.

Your HMSA health plan includes an annual checkup at no cost when you see a primary

care provider (PCP) in HMSA's network. This annual preventive health evaluation checks your overall health and identifies potential health conditions early. Your PCP will work with you to determine which screenings are recommended for you.



### The Reward

**If you visit your PCP for an in-person annual evaluation and log in to My Account, you'll be entered in a drawing for a chance to win a \$1,500 Visa gift card.** Virtual and phone appointments don't qualify for entry.



### Step 1: Schedule your exam

Visit your PCP for an in-person annual evaluation by Oct. 31, 2025, if you haven't already completed one within the last year. If you don't have a PCP, visit [hmsa.com/eutf](https://hmsa.com/eutf) and click Find a Doctor to start your search. Or call us at (808) 948-6499.



### Step 2: Log in to My Account

Log in to My Account through [hmsa.com/eutf](https://hmsa.com/eutf) by Oct. 31.

To register for My Account, click My Account Login, use your personal email address, and enter your HMSA subscriber ID number. If you're already registered, log in and confirm that your email address is current.

EUTF or HSTA VB retirees who don't have Medicare can complete their physical exam

with their PCP by Oct. 31 for a chance to win a \$1,500 Visa gift card. If you're an EUTF or HSTA VB retiree with Medicare, complete your Medicare wellness exam with your PCP by Oct. 31 for a chance to win a Visa gift card. Members who complete their exam between July 1, 2024, and Oct. 31, 2025, are eligible for entry.





## Why Seeing Your PCP Annually Matters

- Having a PCP means you have a health care partner who can help you track your progress toward your health and well-being goals and answer any questions you may have about medications, treatment plans, or other health issues.
- Visit your doctor every year, even if you don't feel sick. Seeing your doctor for preventive care is the best self-care strategy.
- Your HMSA health plan includes an annual checkup at no cost when you see a PCP in HMSA's network.
- This annual evaluation checks your overall health and identifies potential health conditions early. Your PCP will work with you to determine which screenings are recommended for you.



## Questions?

For more information about the annual evaluation, see your plan's *Guide to Benefits* at [hmsa.com/eutf](https://hmsa.com/eutf). Or call (808) 948-6404 or 1 (800) 459-3963 Monday through Friday, 8 a.m. to 5 p.m.

For official rules, visit [hmsa.com/eutfwellbeingreward](https://hmsa.com/eutfwellbeingreward).

Prizes are subject to federal and state taxes. Please consult your tax advisers. Retirees and dependents will receive a Form 1099 from HMSA. This drawing for a \$1,500 Visa gift card is exclusive to EUTF actives, retirees, and their dependents over the age of 18.

**For EUTF and HSTA VB retiree plan members**, physical examinations are covered for those age 7 years and older. Routine and preventive care is covered from birth through age 6 through the Well-child Care plan benefit.



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