

State, city, and county workers and retirees:



Take the call.
You'll be glad you did.

Did you know that, as an EUTF member, you have your own care team to support your health and well-being?

With **HMSA Health and Well-being Support**, you have:

- Access to a team of nurses, dietitians, health coaches, and certified diabetes care and education specialists.
- Support, information, and care coordination tailored to your conditions and medications.

We'll be calling you soon to tell you more about this benefit of your HMSA health plan. So please take the call.

If you have questions or want to learn more, let us know. We're here to help.

- **Phone.** Call 1 (855) 329-5461, option 1, Monday through Friday, 8 a.m. to 5 p.m.
- **Online.** Visit hmsa.com/well-being and click on Health and Well-being Support. Or scan the QR code.



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