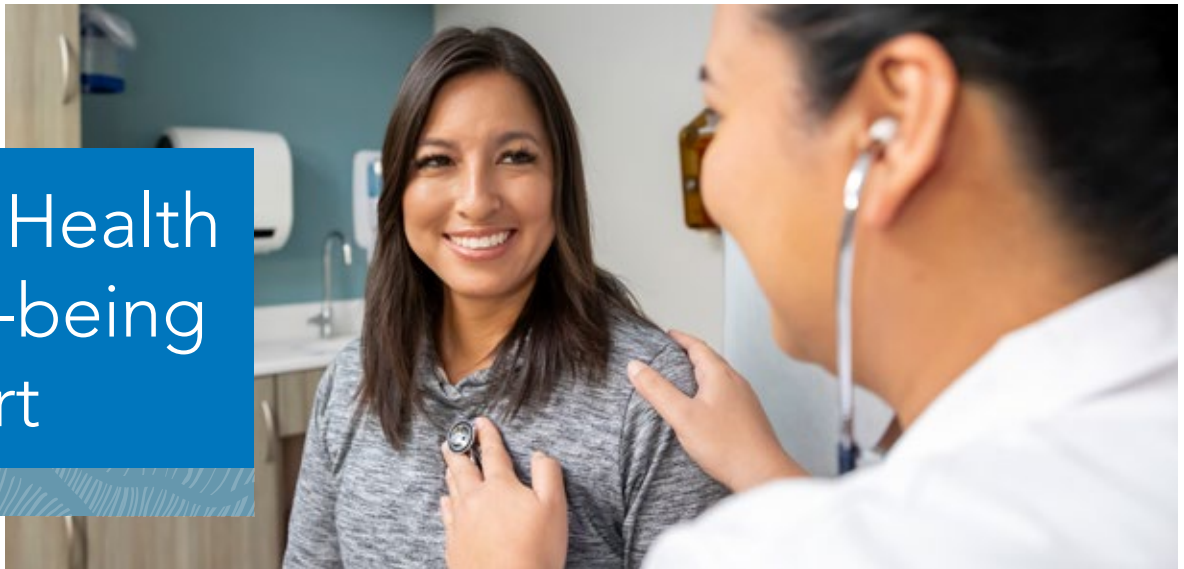


HMSA Health & Well-being Support



We're here to help you get the care you need.

HMSA Health & Well-being Support provides personalized and coordinated care for members with three or more chronic health conditions. Our teams work with you to help manage your health and support your care needs.

How We Support You

The HMSA Health and Well-being Support team is available by phone or in person to help you:

- Navigate the health care system.
- Coordinate your treatments, medications, and communication with your doctor and care team.
- Support your transition home after a hospital stay.
- Get extra care and guidance during a high-risk pregnancy.
- Learn about your health conditions and care needs.
- Understand your health care options.
- Stay on track with appointments and medications.
- Reach your health and well-being goals with encouragement and support.
- Find peace of mind through physical, emotional, psychological, and spiritual support.
- Plan ahead with advance care planning.

Who Can Join?

These services are available to members with three or more chronic health conditions who may benefit from additional care coordination and support.

Questions?

Call 1 (855) 329-5461, option 1, Monday-Friday, 8 a.m.-5 p.m.

Learn more at hmsa.com/well-being.



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