



Healthy Living Starts Here

As an HMSA member, you have access to one-on-one support from Hawaii-based health coaches by phone or online at no cost. This confidential and voluntary program connects you with experienced health coaches who are here to support you on your health and well-being journey.



During these brief 10-15 minute sessions, your health coach can help you:

- Set and achieve meaningful health goals.
- Manage stress and boost your resilience.
- Manage weight safely and sustainably.
- Build healthy eating habits.
- Find fun, simple ways to stay physically active.
- Improve your overall health and well-being.



Get started with a health coach by enrolling online or calling **1 (855) 329-5461**, option 1, Monday-Friday, 8 a.m.-5 p.m.

Visit hmsa.com/well-being/healthy-living/ or scan the QR code.



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