

HMSA's Well-being Resources



Overview of programs and services

Life is a journey. HMSA is here with you and your family through every step of your lives.



An Independent Licensee of the Blue Cross and Blue Shield Association

HMSA's Well-being Resources

We support you with quality health plan benefits when you're sick or injured. But we also help you prevent illness and injury, and live well at any stage of your life.

That's why HMSA offers many well-being programs and plan benefits from nutrition and physical activity to preventive care and chronic illness management.

These services are flexible and varied. They're designed to provide you with tools to improve and maintain your well-being in ways that best suits you.

From healthy eating and physical activity to managing a chronic condition or recovery from injury, HMSA's well-being resources helps support you to live your healthiest possible life no matter your age or situation. For more information, visit hmsa.com/well-being.



Lifestyle Resources

- **Active&Fit Direct™** program with access to discounted gym memberships and fitness classes nationwide.
- **ChooseHealthy®** with savings on popular health and fitness brands, services from specialty health care practitioners, and more.
- **Complementary care** benefits for massage therapy, acupuncture, and chiropractic care. Check your plan benefits for more information.
- **HMSA365** member savings program for fitness, healthy living, and well-being products and services.
- **Island Scene** health and well-being print magazine and website.
- **Travel benefits** when away from home. Visit bcbs.com to find a provider.



Health Resources

- **Aloha Kidney** offers classes to help participants understand what's going on with their bodies and how to make better choices in their daily life.
- **Caregiver resources** help caregivers manage their many responsibilities.
- **Hawai'i Tobacco Quitline** provides support to help you quit tobacco for good.
- **Healthy Living** offers one-on-one virtual or phone support from Hawaii-based health coaches to help members reach their health and well-being goals.
- **HMSA's Online Care®** is a convenient way to see a doctor 24/7 from home at little to no cost. All you need is a computer, smartphone, or tablet.
- **Maternal health** resources for before, during, and after pregnancy.
- **MinuteClinic®** offers care for everyday health needs at selected Longs Drugs stores on Oahu.
- **My Account** allows you to manage your family's health needs and records online.
- **Urgent care** benefits to see a provider without an appointment.



Preventive Care

- **Annual Physical Exam** is a health plan benefit when seeing a primary care provider in the HMSA network.
- **Diabetes Prevention Program** promotes a healthier lifestyle through workshops and resources that are recognized by the Centers for Disease Control and Prevention.
- **Find a Doctor** on hmsa.com helps you find a health care provider.
- **Health education workshops** are fun, interactive ways to teach you about their well-being, including:
 - Disease awareness.
 - Injury prevention.
 - Stress management.
 - General health and fitness.
 - Nutrition.
 - Weight awareness.
- **Mental health resources** support emotional and behavioral health and well-being.
- **Oral Health for Total HealthSM** has dental benefits that can improve your overall health and quality of life.
- **Personal screening checklist** helps you keep track of recommended screenings and tests.
- **Worksite well-being programs** support employee health and well-being.



Medical Resources

- **Advance care planning** when you need to make sensitive health care decisions.
- **Care Access Assistance Program** to access specialty care not available on the Neighbor Islands.
- **Advanced Care Program** provides extra support for members with multiple ongoing health conditions.
- **Diabetes education** resources for members living with diabetes.
- **HMSA Behavioral Health Program** for emotional, mental, and substance abuse support.
- **Health Condition Support and Resources** provides assistance for members managing chronic conditions.
- **High-Risk Pregnancy Program** supports members with multiple health conditions who may need extra care during pregnancy.
- **Cardiac Rehabilitation** to stop or reverse the effects of heart disease.
- **Transitions of Care Program** supports members during and after a hospital stay. We coordinate care so recovery at home goes smoothly and safely.
- **Emergency Department Care Pathways Program** for outreach, education and care navigation for members who visit the emergency room often.





What's well-being?

Well-being is the state of being healthy, comfortable, and happy.

Well-being is good physical health, having positive emotions, managing negative emotions, social interaction, freedom from pain, and living your healthiest possible life no matter your age or situation.

HMSA believes that well-being can be an actively pursued and attainable goal. We're here to help you achieve your own sense of well-being through a wide range of programs and resources.

For more information, visit hmsa.com/well-being or call us at 1 (855) 329-5461.

Active&Fit Direct is a trademark of ASH. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. American Specialty Health (ASH) is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

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