

MANA WAHINE OF HAWAII

Wahine are the heart of our families and communities. At HMSA, we believe in the power of uplifting women to help them achieve their fullest potential. To support their journey, we've gathered tools and resources dedicated to improving the health and well-being of Hawaii's wahine.



Mental Health

Taking care of your mental health is just as important as taking care of your physical health. Learn about [HMSA's Online Care®](#) for Behavioral Health, [HMSA's Behavioral Health Program](#), and other mental health resources for you and your ohana.



Preventive Health

Preventive care is the best way to stay healthy, with many services available at no cost to HMSA members, including our [Diabetes Prevention Program](#) and [Oral Health for Total HealthSM](#). Get [member discounts](#) on a range of local health and well-being services and popular brands.



Maternal Health

Your maternal health journey covers the stages before, during, and after pregnancy. While this should be an exciting time, it's OK to feel a bit overwhelmed or uncertain. Learn about maternal health resources, including our [HMSA Pregnancy and Postpartum Support Program](#).



Chronic Health Conditions

Whether you have a chronic condition or a serious illness, we're here to help you get the care you need. [HMSA's Health and Well-being Support](#) and [Condition Care Program](#) is available at no cost. Enroll online or by phone at 1 (855) 329-5461, option 1.



Health Education

Education is self-empowerment. Join us for community workshops on health and well-being, and [Medicare planning online or in person](#) at an HMSA Center at no cost. Check out [islandscene.com](https://www.islandscene.com) for articles, recipes, and local events on all things health, fitness, food, and lifestyle.

Amwell is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.