

HMSA'S

# Well-being

RESOURCES

Find your path to wellness



An Independent Licensee of the Blue Cross and Blue Shield Association



# Learn Healthy Habits

When you take steps to care for your health, you're making important lifestyle choices that can reduce your risk for serious health conditions.

It's not always easy living with a health condition. Sometimes, all of the medications, tests, and doctor appointments can feel overwhelming.

You don't have to face this alone. We're here to help you achieve your best health and well-being. HMSA has a program with well-being resources that offer support, information, and guidance to help you manage your condition. Our program doesn't replace your doctor's care. We encourage you to work closely with your doctor to make sure that your condition doesn't get worse or lead to complications.

These resources are available to all HMSA members.

## How the Program Works

The program focuses on five conditions (asthma, COPD, diabetes, heart disease, and hypertension). If you have any of these health conditions and would like more information, please contact us. We can also connect you with one of our care coordinators, who can help you with some introductory information. You may also hear from one of our care coordinators, who'll call you to:

- Answer your questions about medications, diet, exercise, or any other health concerns.
- Discuss how you can better manage your health.
- Remind you about preventive screenings and exams.
- Help you find a doctor.
- Give you informational materials.
- Refer you to HMSA's health education workshops.

Even if you don't have any of the conditions mentioned above but would like additional support in managing your health, please call us and we'll connect you with the resources you need.

## Frequently Asked Questions

### **Q: How much do I have to pay for this program?**

A: There's no cost for this program or any of its services.

### **Q: How do I access the program?**

A: If you haven't received a letter or phone call about the program, call one of the phone numbers on the back of this brochure. We'll be happy to support you with your health.

### **Q: Should I tell my doctor that I'm in the program?**

A: Yes, tell your doctor. If you're working with one of our care coordinators, your doctor will receive an update on how you're doing.

### **Q: What can I expect from this program?**

A: You'll have a better understanding of your condition and how to manage it. The goal is to take care of your health and well-being so that you can have the best possible quality of life.

### **Q: I don't want to participate in this program. How do I opt out?**

A: Call us at a phone number on the back of this brochure and we'll remove you from the program.

# HMSA's Well-being Resources

The most important step to managing your health condition is to work with your doctor on a treatment plan. In addition, HMSA's Well-being Resources and health education programs are here to help you. For more information, visit [hmsa.com/well-being](https://hmsa.com/well-being).

## Health Coaching

You don't need to improve your well-being or manage your health condition on your own. A health coach can provide guidance and support to help you improve your well-being and manage your health condition.

To get more information or to discuss your specific needs, call 1 (855) 329-5461 toll-free.

## Pregnancy and Postpartum Support

To help you have a safe and healthy pregnancy, this program pairs you with your own maternity nurse who'll call you to provide personalized education and counseling. Nurse support doesn't replace the care you receive from your doctor, but provides additional services to complement your regular prenatal and postpartum care.

This is a voluntary program that's available to HMSA members at no cost. To get an enrollment form, call us at 1 (855) 329-5461 toll-free, Monday through Friday, 8 a.m. to 5 p.m. To enroll online, go to [hmsa.com/pregnancysupport](https://hmsa.com/pregnancysupport).

## Behavioral Health

If you have a behavioral health condition, barriers to seeking therapy can get in the way of feeling better. This program may be able to help with depression, anxiety, alcohol and substance use, post-traumatic stress disorder, eating disorders, and more.

We've partnered with Beacon Health Options® to offer you referrals to behavioral health providers, resources, and services; condition-specific education for members and support resources for their loved ones; and case management for those who need it.

To learn more about the program, call Beacon at 695-7700 on Oahu or 1 (855) 856-0578 toll-free on the Neighbor Islands.

## Online Care

With HMSA's Online Care®, you can take care of your physical and emotional health. You can use Online Care to see a doctor or behavioral health care specialist from the privacy of your home. Learn more at [hmsa.com/well-being/online-care](https://hmsa.com/well-being/online-care).

## Smoking Cessation

Quitting smoking, vaping, or other forms of tobacco use is one of the hardest things to do. The Hawai'i Tobacco QuitLine gives you the support you need to quit and improve your health and well-being. For more information or to enroll, call 1 (800) QUIT-NOW (784-8669) toll-free or go to [hawaiiquitline.org](https://hawaiiquitline.org).

## HMSA365 Discounts

As an HMSA member, you have access to discounts on products and services for your health and well-being, including discounted fitness memberships through our Active&Fit Direct™ and ChooseHealthy® programs.

Take advantage of all your health plan has to offer and save money on a variety of HMSA365 products and services just for you. Just show your HMSA membership card at participating businesses to get your discount. It's that easy!

To find out which businesses offer discounts, go to [hmsa.com/well-being/hmsa365](https://hmsa.com/well-being/hmsa365).

## Primary Care Providers

It's important to have a PCP to coordinate your health care needs. If you don't have a PCP, go to [hmsa.com](https://hmsa.com) and click Find a Doctor. Or call Customer Relations at 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands.

## Lifestyle Support

The Ornish Lifestyle Medicine™ program can help you if you're at risk for or have heart disease or diabetes by improving health through diet, exercise, stress management, and group support. Learn more about this program at [hmsa.com/well-being/ornish](https://hmsa.com/well-being/ornish).

## Island Scene

HMSA's *Island Scene* magazine has health, fitness, and lifestyle tips along with recipes, personal stories, and information on HMSA workshops. Magazines are mailed to members' homes every quarter at no cost. To read the magazine online and for web-only content, visit [islandscene.com](https://islandscene.com).

Beacon Health Options® is an independent company providing behavioral health utilization management and quality improvement services on behalf of HMSA.

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

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.



# Health Education Workshops

Live life to the fullest with healthy lifestyle habits. We use fun, interactive methods to teach you about fitness, nutrition, stress management, and other aspects of health and well-being that can impact your physical, emotional, and social health. As an HMSA member, you're welcome to participate in any or all of these workshops at no cost. All workshops are 60 minutes long.

## Disease awareness

- Heartly Advice
- Hyperglycemia Explained
- Hypertension Explained
- Preventive Care

## General health

- Digital Access to Your Care
- Germ Busters – Relief From the Common Cold and the Flu
- Sweet Dreams: The Benefits of Sleep
- Well-being 101

## Injury prevention and safety

- Back to Basics
- Workstation Wellness

## Nutrition

- Eat Well
- Eating on the Run
- Season's Eatings
- Supermarketing!

## Physical activity and exercise

- FIT: To be Tried
- Mind Your Muscles
- Senior Fitness

## Stress management

- Balance, Bend, and Breathe
- Stress Bucket

For the latest workshop schedule and listings, go to [hmsa.com/well-being/workshops](http://hmsa.com/well-being/workshops).

To register call HMSA Health and Well-being Support at least three days before the workshop.

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

Workshop topics and schedules are subject to change.

## For more information about our Well-being Resources, go to [hmsa.com](http://hmsa.com).

PPO plan members:  
948-6111 on Oahu  
1 (800) 776-4672 toll-free  
on the Neighbor Islands

HMO plan members:  
948-6372 on Oahu  
1 (800) 776-4672 toll-free  
on the Neighbor Islands

HMSA Akamai Advantage® members:  
948-6000 on Oahu  
1 (800) 660-4672 toll-free  
on the Neighbor Islands

FEP members:  
948-6281 on Oahu  
1 (800) 966-6198 toll-free  
on the Neighbor Islands

EUTF employees:  
948-6499 on Oahu  
1 (800) 776-4672 toll-free  
on the Neighbor Islands

TTY users, call 711

