



HMSA

Taking care
of generations
of Hawaii families.



HMSA



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Blue Cross
Blue Shield
of Hawaii

An Independent Licensee of the Blue Cross and Blue Shield Association

Taking care of your health is one of the **most important things**

you can do for yourself and your family. But you don't have the time to worry about how to pay for expensive health care bills. That's why you need a **health plan you can depend on.**

HMSA is here for you when you need us – from small kid days to adulthood and when you retire. We are a local, stable health plan backed by nearly 75 years of experience.

We offer you the best value and widest selection of health plans to meet your individual health and financial needs. HMSA's:

Health and wellness services help lower your risks of chronic diseases, such as diabetes and heart disease, and other serious health problems.

Family of doctors and hospitals delivers a high level of quality care so you can receive the right care at the right time.

Innovative use of technology allows convenient management of your health care using the latest online and mobile technology.

With HMSA, you receive more than a health plan. You receive the confidence knowing you're getting the best value for your health care dollars.



YOU





Why Choose HMSA?

Experience. Our long history and expertise in the health care industry allows us to be the largest provider of individual health plans in Hawaii.

- Serving generations of Hawaii's families since 1938.
- A reputable name in health care.
- More than 670,000 members put their trust in HMSA.

Excellent Customer Service. We're here for you when you have a question or need information.

- Access to local Customer Relations representatives by phone or in person at offices on Oahu, Maui, Kauai, and Hawaii Island.
- Conveniently find us online at hmsa.com.

Financial Strength. Feel confident knowing you're a member of a trusted, stable health plan that will continue to serve Hawaii families for generations.

- More than 70 years of financial resources for member protection in times of emergency.
- A financially responsible business model with one of the lowest administrative expenses for health plans in the nation. Most of your health care dollars go to pay for your care.

Quality Care. We work closely with doctors and hospitals so you can receive the right care at the right time.

- The only health plan in Hawaii with PPO and HMO plans that have earned the highest levels of NCQA accreditation.
- High membership satisfaction.
- Programs reward doctors and hospitals for providing you with effective, appropriate care.



Choice. You have the freedom to choose a health plan that best meets your health and financial needs.

- Health plans tailored to meet the health care needs of children, college students, sole proprietors, and people ages 50 and older.
- Conversion plans that help you transition from an employer group plan to an individual plan.
- Largest network of doctors and other providers to choose from locally and nationally.

Innovative Solutions. Online and mobile technology allows convenient access to health care, saving you time and money.

- **HMSA's Online Care.** Speak to a doctor or other HMSA providers online or by phone. Keep track of your personal health information. Speak to health and wellness coaches.
- **Mobile hmsa.com.** Find doctors, dentists, pharmacies, and other HMSA providers on the go from your iPhone, iPod Touch, or iPad. Search for HMSA365 health and wellness member discounts. Follow HMSA on Twitter and Facebook.
- **My Account.** View your HMSA claims information when you register for My Account on hmsa.com. Order prescription drug refills, view drug information, and find nearby pharmacies. Request a duplicate HMSA membership card.

Commitment to Health and Wellness. Services help reduce your risks of chronic diseases to keep you healthy and contain costs.

- Our tools include a website and action plans for improving physical, emotional, and social health and well-being; disease management and prevention services; and health classes.
- **HMSA365** discounts on health and wellness products and services statewide.
- **Island Scene** magazine and Island Scene Online (www.islandscene.com) for informative articles on health, fitness, food, and member news.



HMSA

HMSA is a Hawaii-based health care services organization dedicated, for over 70 years, to improving the health and wellness of individuals and our community. We will provide our customers real value and security by creating a broad range of products that gives them choices of health care plans, provider networks, prices, and other health care services, with a commitment to superior customer service. For more information, visit hmsa.com.

Contact us

For more information or to speak to a Customer Relations representative, call us toll-free at 1 (800) 776-4672.

Visit our website at hmsa.com.

Follow us on Twitter @AskHMSA.

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