



# Active state, city, and county workers

Choose HMSA

May 2026



An Independent Licensee of the Blue Cross and Blue Shield Association



*Aloha,*

Your health and well-being are our top priority. With HMSA, you have the freedom to choose the doctors you know and trust from our large provider network for care in person or online. You have access to:

- **Your choice of doctors and top-rated hospitals.** Our network includes more than 10,500 doctors, specialists, and other health care providers, along with access to quality care from Hawaii's top-rated hospitals and clinics. See page 2 to learn more about our growing network.
- **Convenient after-hours care.** Need care but don't need the emergency room? You can see a doctor online, at an urgent care clinic, or at a MinuteClinic® in selected Longs Drugs stores on Oahu. To learn more about after-hours care options, see page 4.
- **Benefits that travel with you.** Go to doctors and hospitals on the Mainland and around the world with Blue Cross Blue Shield Global® Core. Your HMSA plan gives you access to more than 2.2 million providers in over 200 countries and territories worldwide. If you need to travel to another island for medical treatment, you may be eligible for financial assistance. Learn more on page 6.
- **Support for your best health and well-being.** Our programs and services can help you maintain or improve your health and achieve your well-being goals. We also help you save with discounts on health-related products and services, such as online fitness classes, gym memberships, and more.

This year's open enrollment is May 1-29. If you have questions, we're happy to help. Call or visit us at an HMSA Center. Our phone numbers, locations, and hours are listed on the back cover of this guide.

Thank you for choosing HMSA. We look forward to supporting you in your good health.

Sincerely,

Mark M. Mugiishi, M.D., F.A.C.S.  
Chief Executive Officer

# What's New

## Effective January 1, 2026

- Intensive cardiac rehabilitation will be covered at the same benefit level as outpatient physical and occupational therapy under the EUTF and HSTA VB plans. Coverage is limited to one cardiac rehabilitation or intensive cardiac rehabilitation program per qualifying event.

## Effective July 1, 2026

- The EUTF 75/25 PPO medical maximum out-of-pocket (MOOP) will be reduced from \$5,000/\$10,000 (single/family) to \$3,300/\$6,600. The MOOP will continue to accumulate by calendar year.
- An annual preventive skin cancer screening by a specialist will be covered 100% in-network (not subject to the deductible) and at the same benefit level as other screening services out-of-network under the EUTF and HSTA VB PPO plans.
- The CVS Weight Management Program will be added under the EUTF and HSTA VB plans. For more information, visit [hmsa.com/eutf](https://hmsa.com/eutf).
- AccordantCare Rare program for active employees will end June 30, 2026.

## Plan Enrollment Closures

The EUTF HMSA 90/10 PPO plan will be closed to new subscribers starting July 1, 2026, and the HMSA HMO plan was closed to new subscribers effective July 1, 2025. EUTF Actives employees who aren't already enrolled in the HMSA 90/10 plan or HMSA HMO plan as of June 30, 2026, will not be allowed to choose the HMSA 90/10 plan or HMO plan. If you disenroll from either of these plans, you won't be able to re-enroll. If you're enrolled in either of these plans as of June 30, 2026, you may still add or remove dependents during open enrollment or if you experience a qualifying event.



# Top-rated hospitals and clinics



With HMSA, you have access to top-rated hospitals. We're part of the Blue Cross Blue Shield Association, which recognizes Hawaii hospitals for expertise in delivering high-quality, cost-effective specialty care.

Blue Distinction Centers are hospitals recognized for their expertise in delivering specialty care. In addition, Blue Distinction Centers+, which are indicated with a +, are hospitals recognized for their expertise and efficiency in delivering specialty care.

- **Bariatric surgery**  
Adventist Health Castle ([adventisthealth.org](http://adventisthealth.org))  
The Queen's Medical Center ([queens.org](http://queens.org))
- **Knee and hip surgery**  
Adventist Health Castle+  
Straub Benioff Medical Center  
([hawaiipacifichealth.org/straub](http://hawaiipacifichealth.org/straub))  
Wilcox Medical Center+ ([wilcoxhealth.org](http://wilcoxhealth.org))
- **Maternity care**  
Wilcox Medical Center
- **Spine surgery**  
Adventist Health Castle  
Pali Momi Medical Center+  
The Queen's Medical Center+  
Straub Benioff Medical Center
- **Substance use treatment and recovery**  
The Queen's Medical Center

We're proud to work with these health care providers to offer you quality care:



**HAWAI'I  
PACIFIC  
HEALTH**

KAPI'OLANI  
PALI MOMI  
STRAUB BENIOFF  
WILCOX

CREATING A HEALTHIER HAWAI'I



**THE QUEEN'S  
HEALTH SYSTEMS**

# It's easy to get the care you need

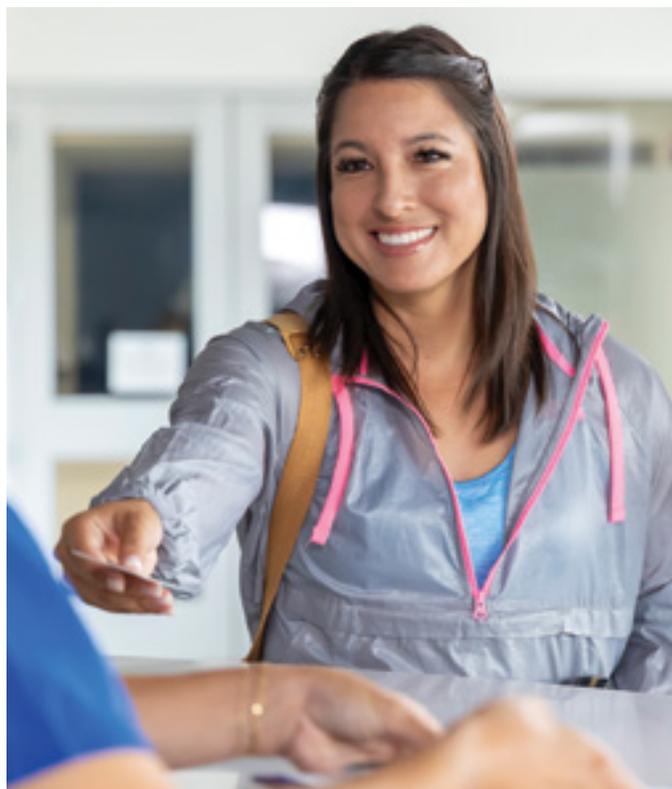
## The choice is yours

With HMSA, you can choose your primary care provider (PCP), the doctor at the center of your health care team. You can see your PCP for general and preventive care needs, including health concerns and questions.

If you're happy with your PCP, you don't have to do anything differently. You can continue to see the doctor you know, trust, and rely on in times of need.

Want to choose or change your PCP? Use Find a Doctor at [hmsa.com/eutf](https://hmsa.com/eutf) to search for a doctor by name, location, or specialty. Just remember to choose your plan before starting your search.

You can also use Find a Doctor to search for other health care providers in HMSA's network. Or call us at (808) 948-6499 or 1 (800) 776-4672 and we can help you find a doctor based on your location and needs.



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

\*Behavioral health providers on Online Care are based on availability.

## How to use HMSA's Online Care

With HMSA's Online Care®, you have access to health care providers 24 hours a day, seven days a week from anywhere in Hawaii through video chat\*. Online Care providers can help with:



- Common conditions like headaches, colds, or the flu.
- Sudden or acute conditions like bronchitis or ear and sinus infections.
- Improving your emotional health and well-being.

This service is available to EUTF and HSTA VB members for a \$0 copayment. Online Care is available for most Apple and Android devices and tablets. To sign up, search for HMSA Online Care in the App Store or Google Play. Or scan the QR code to sign up at [hmsaonlinecare.com](https://hmsaonlinecare.com).



When you register for Online Care, have your HMSA membership card handy – you'll need your HMSA subscriber ID number. Once you're registered, it'll be easy to use Online Care when you need it.

# A Guide to Your HMSA Care Options

## Need to see a doctor?

With HMSA, you have many options. Make the right choice to save time and money and get the right care when you need it.



### Primary care provider

See your primary care provider (PCP) for routine and common medical issues like fever, minor cold or flu symptoms, managing a chronic condition, medication refills, or general care.



### HMSA's Online Care®

Connect with doctors and specialists online from anywhere in Hawaii, 24 hours a day, seven days a week. There's no copayment for Online Care visits.

Use Online Care when your PCP isn't available. Go to [hmsaonlinecare.com](https://hmsaonlinecare.com).



### Urgent care providers

Go to an urgent care provider when you need care in person sooner than you can see your PCP.

For example, you need stitches or have a high fever or sprained ankle.



### Emergency room

Go to the emergency room when you have life-threatening symptoms.

For example, you have difficulty breathing or chest pain.



## More tips

- ✓ Use the list on the next page to find an urgent care provider near you. Services vary at each location, so call ahead to make sure they can provide the services you need.
- ✓ Register for Online Care now so it's easy to log in when you need it. Go to [hmsaonlinecare.com](https://hmsaonlinecare.com) to register and download the app on your smartphone.
- ✓ Follow up with your PCP after an urgent care or Online Care visit.



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# Participating Urgent Care Clinics

## Hawaii Island

**Aloha Kona Urgent Care**  
75-5995 Kuakini Hwy., Suite 213  
Kailua-Kona  
Ph. (808) 365-2297  
M–Th: 8 a.m.–1 p.m.; 2–6 p.m.  
F: 10 a.m.–2 p.m.; 3–6 p.m.

**Hilo Urgent Care**  
670 Kekuanaoa St.  
Hilo Ph. (808) 969-3051  
M–F: 9 a.m.–7 p.m.  
Sat–Sun: 8:30 a.m.–4:30 p.m.

**Keaau Urgent Care**  
16-590 Old Volcano Rd.  
Keaau Ph. (808) 966-7942  
M–F: 9 a.m.–7 p.m.  
Sat–Sun: 8:30 a.m.–4:30 p.m.

**Kohala Coast Urgent Care**  
62-100 Kaunaoa Dr.  
Kamuela Ph. (808) 880-3321  
M–F: 9 a.m.–5 p.m.  
Sat: 9 a.m.–2 p.m.

**Waimea Urgent Care**  
65-1230 Mamalahoa Hwy., Suite A10  
Kamuela Ph. (808) 885-0660  
M–F: 8:30 a.m.–6:30 p.m.  
Sat–Sun: 8:30 a.m.–4:30 p.m.

## Kauai

**Kauai Medical Clinic**  
4-831 Kuhio Hwy., Suite 232  
Kapaa Ph. (808) 822-3431  
M–F: 7:30 a.m.–4 p.m.

**Kauai Urgent Care**  
4484 Pahee St.  
Lihue Ph. (808) 245-1532  
M–F: 8 a.m.–7 p.m.  
Sat–Sun: 8 a.m.–4 p.m.

**Makana North Shore Urgent Care**  
4488 Hanalei Plantation Rd.  
Princeville Ph. (808) 320-7300  
M–F: 8 a.m.–6 p.m.  
Sat: 8 a.m.–4 p.m.

**Urgent Care at Poipu**  
2829 Ala Kalani Kaumaka St.,  
Suite B-201  
Koloa Ph. (808) 742-0999  
M–F: 8:30 a.m.–7 p.m.  
Sat–Sun: 8 a.m.–4:30 p.m.

## Maui

**All Access Ortho Maui**  
30 Kupaoa St., Suite A203  
Pukalani Ph. (808) 727-8410  
M–F: 10 a.m.–6:30 p.m.  
Sat: 9 a.m.–5:30 p.m.

**Doctors On Call**  
3350 Lower Honoapiilani Rd.,  
Suite 211  
Lahaina Ph. (808) 667-7676  
M–Sat: 8 a.m.–4 p.m.

**Kihei-Wailea Medical Center**  
221 Piikea Ave., Suite A  
Kihei Ph. (808) 874-8100  
M–F: 8 a.m.–6 p.m.  
Sat: 8 a.m.–5 p.m.  
Sun: 8 a.m.–1 p.m.

**Minit Medical Urgent Care Clinic**  
270 Dairy Rd., Suite 239  
Kahului Ph. (808) 667-6161  
M–W: 8 a.m.–9 p.m.  
Th–F: 8 a.m.–7 p.m.  
Sat: 8 a.m.–6 p.m.  
Sun: 8 a.m.–4 p.m.

**Minit Medical Urgent Care Clinic**  
305 Keawe St., Suite 507  
Lahaina Ph. (808) 667-6161  
M–Sat: 8 a.m.–6 p.m.  
Sun: 8 a.m.–4 p.m.

**Minit Medical Urgent Care Clinic**  
1325 S. Kihei Rd., Suite 103  
Kihei Ph. (808) 667-6161  
M–Sat: 8 a.m.–6 p.m.  
Sun: 8 a.m.–4 p.m.

**The Maui Medical Group Inc.**  
2180 Main St.  
Wailuku Ph. (808) 249-8080  
M–F: 8 a.m.–8 p.m.  
Sat–Sun: 8 a.m.–4 p.m.

**The Maui Medical Group Inc.**  
5095 Napilihau St., Suite 114  
Lahaina Ph. (808) 249-8080  
Temporary hours M–F: 8 a.m.–5 p.m.

## Molokai

**Kohala Coast Urgent Care**  
39 Ala Malama Ave.  
Kaunakakai Ph. (808) 553-5353  
M–F: 9 a.m.–5 p.m.  
Sat: 9 a.m.–2 p.m.

## Oahu

**Adventist Health Castle Urgent Care Kailua**  
660 Kailua Rd.  
Kailua Ph. (808) 263-2273  
M–F: 7 a.m.–7 p.m.  
Sat–Sun: 8 a.m.–6 p.m.

**Adventist Health Castle Urgent Care Kapolei**  
890 Kamokila Blvd., Suite 106  
Kapolei Ph. (808) 521-2273  
M–F: 7 a.m.–7 p.m.  
Sat–Sun: 8 a.m.–6 p.m.

**Adventist Health Castle Urgent Care Hawaii Kai**  
6600 Kalanianaʻole Hwy., Suite 114-A  
Hawaii Kai Ph. (808) 921-2273  
M–F: 7 a.m.–7 p.m.  
Sat–Sun: 7 a.m.–7 p.m.

**Adventist Health Castle Urgent Care Pearl City**  
1245 Kuala St., Suite 103  
Pearl City Ph. (808) 456-2273  
M–F: 7 a.m.–7 p.m.  
Sat–Sun: 8 a.m.–6 p.m.

**All Access Ortho**  
1401 S. Beretania St., Suite 102  
Honolulu Ph. (808) 356-5699  
M–F: 8 a.m.–8 p.m.  
Sat–Sun: 9 a.m.–5 p.m.

**All Access Ortho**  
4850 Kapolei Pkwy., Bldg. F  
Kapolei Ph. (808) 356-5699  
M–F: 8 a.m.–8 p.m.  
Sat–Sun: 9 a.m.–5 p.m.

**All Access Ortho**  
95-1830 Meheula Pkwy.  
Suites C10 and C11  
Mililani Ph. (808) 356-5699  
M–F: 8 a.m.–8 p.m.  
Sat–Sun: 9 a.m.–5 p.m.

**Braun Urgent Care Kailua**  
130 Kailua Rd., Suite 111  
Kailua Ph. (808) 261-4411  
M–F: 8 a.m.–8 p.m.  
Sat–Sun: 8 a.m.–5 p.m.

**Doctors of Waikiki**  
120 Kaiulani Ave., Wing 10 and 11  
Honolulu Ph. (808) 922-2112  
Daily: 8 a.m.–10 p.m.

**Kalihi Kai Urgent Care**  
2070 N. King St., Suite A1  
Honolulu Ph. (808) 841-2273  
M–F: 8 a.m.–4 p.m.  
Sat–Sun: 9 a.m.–1 p.m.

**Kunia Urgent Care**  
94-673 Kupuohi St., Suite C201  
Waipahu Ph. (808) 983-1671  
Daily: 8:30 a.m.–7 p.m.

**NIU Health Ala Moana**  
1450 Ala Moana Blvd., Suite 2230  
Honolulu Ph. (808) 888-4800  
Daily: 8 a.m.–6 p.m.

**Orthopedics Hawaii**  
120 Kaiulani Ave., Suite KW12  
Honolulu Ph. (808) 744-3360  
M, Th: 9 a.m.–noon  
Tu, W, F: 9 a.m.–5 p.m.

**Queen's Island Urgent Care Ewa Kapolei**  
91-6390 Kapolei Pkwy.  
Ewa Beach Ph. (808) 735-0007  
Daily: 8 a.m.–8 p.m.

**Queen's Island Urgent Care Kahala**  
1215 Hunakai St.  
Honolulu Ph. (808) 735-0007  
Daily: 8 a.m.–8 p.m.

**Queen's Island Urgent Care Kakaako**  
400 Keawe St., Suite 100  
Honolulu Ph. (808) 735-0007  
Daily: 8 a.m.–8 p.m.

**Queen's Island Urgent Care Kapahulu**  
449 Kapahulu Ave., Suite 104  
Honolulu Ph. (808) 735-0007  
Daily: 8 a.m.–8 p.m.

**Queen's Island Urgent Care Pearl Kai**  
98-199 Kamehameha Hwy., Bldg. F  
Aiea Ph. (808) 735-0007  
Daily: 8 a.m.–8 p.m.

**Straub Benioff Doctors On Call**  
2255 Kalakaua Ave.,  
Manor Wing Shop No. 1  
Honolulu Ph. (808) 971-6000  
Daily: 10 a.m.–8 p.m.

**Straub Benioff Kahala Clinic & Urgent Care**  
4210 Waialae Ave., Suite 501  
Honolulu Ph. (808) 462-5300  
Daily: 10 a.m.–8 p.m.

**Straub Benioff Kapolei Clinic & Urgent Care**  
91-5431 Kapolei Pkwy., Suite 1706  
Kapolei Ph. (808) 426-9300  
Daily: 10 a.m.–8 p.m.

**Straub Benioff Mililani Clinic & Urgent Care**  
95-1249 Meheula Pkwy., Building M  
Mililani Ph. (808) 625-6444  
Daily: 10 a.m.–8 p.m.

**Straub Benioff Ward Village Clinic & Urgent Care**  
1001 Queen St., Suite 102  
Honolulu Ph. (808) 462-5200  
Daily: 10 a.m.–8 p.m.

**Windward Urgent Care**  
46-001 Kamehameha Hwy., Suite 107  
Kaneohe Ph. (808) 234-1094  
Daily: 8 a.m.–7 p.m.

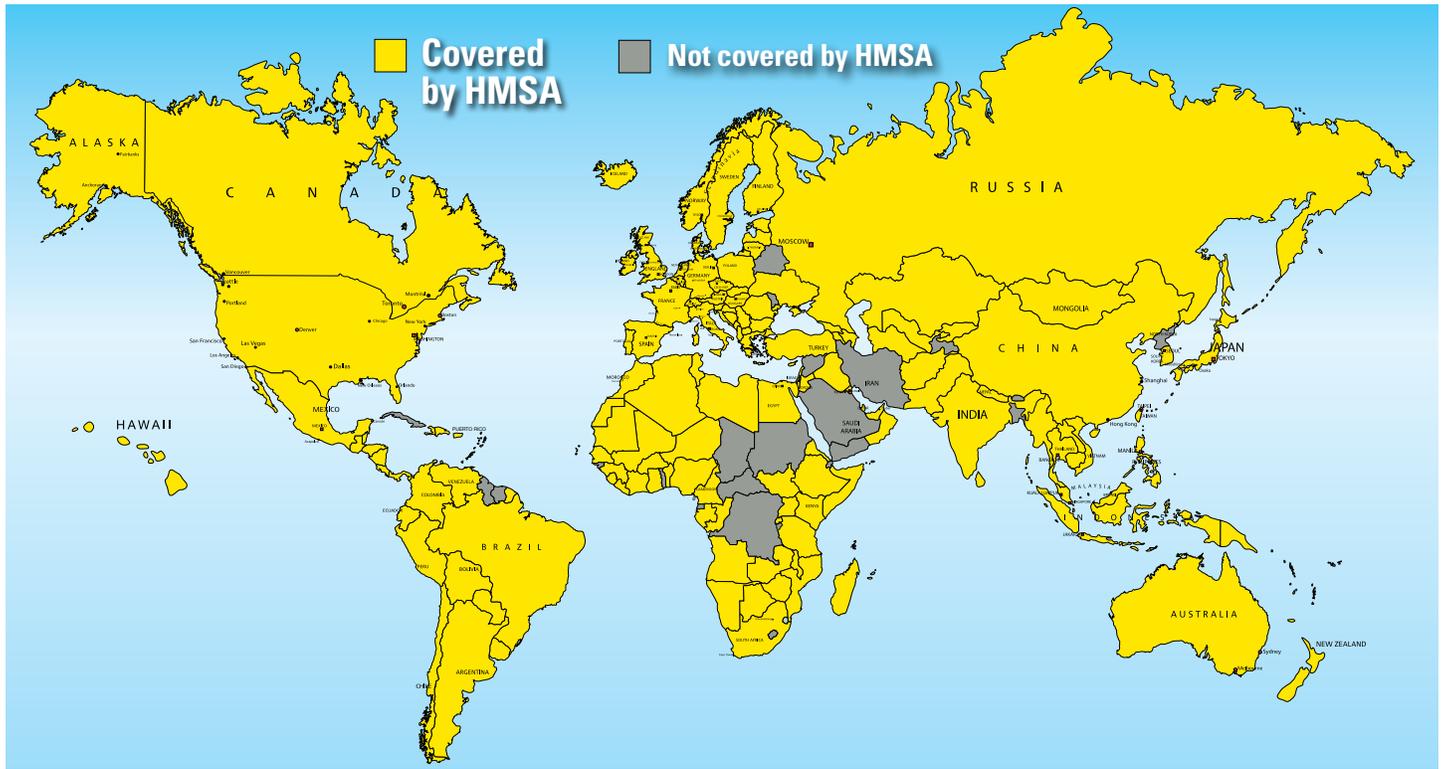
Hours and locations may change. Please call the clinic for the latest information and urgent care availability.

For a current list of participating urgent care providers, visit [hmsa.com/urgentcare](https://www.hmsa.com/urgentcare).

These options aren't a substitute for emergency care. If you experience life-threatening conditions such as a stroke or difficulty breathing, call 911 or go to the emergency room immediately.

Most urgent care clinics are closed on Thanksgiving Day, Christmas Day, and New Year's Day. Services vary by location. Call the clinic to ask about specific services.

# Get care when you travel



## How it works

HMSA is part of the Blue Cross Blue Shield network, giving HMSA members access to 1.7 million doctors and hospitals nationwide and in 190 countries and territories worldwide.

Looking for a doctor or hospital on the Mainland or while traveling abroad? Go to **bcbs.com**.

Traveling internationally? Download the Blue Cross Blue Shield Global® Core mobile app for Apple and Android devices. Use the app to search for providers when you travel. To learn more, go to **bcbsglobalcore.com** or scan the QR code.

## Be prepared

- Before you go, make sure you have your current HMSA membership card with you. Your card will help providers file your claims.
- You can also call **1 (800) 810-BLUE (2583)** for the names of participating doctors and hospitals in the area you'll be visiting. The number is also on the back of your HMSA membership card.



## Care Access Assistance Program

If you need to travel to another island for medical treatment, you may be eligible for financial assistance if your care isn't available from a participating provider on your home island or you can't get an appointment soon enough.

Call us at

**1 (844) 357-0726**

to learn more about this program for EUTF PPO plan members.

# hmsa.com/eutf

You can use the EUTF portal to:

- Search for a doctor.
- Learn about well-being programs available to you and your family.
- View helpful videos specifically for EUTF and HSTA VB members.
- Request plan materials.
- Find information and resources related to frequently asked questions.

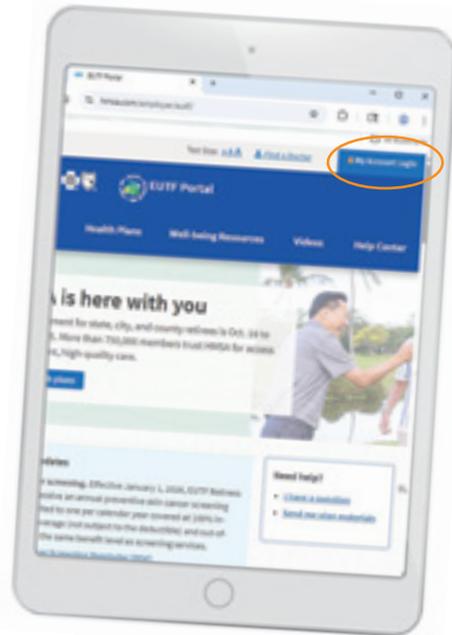


## My Account Login

As an HMSA member, you can view all your health plan information and member benefits online on My Account. Go to **hmsa.com/eutf** and click My Account Login at the top-right corner.

Use My Account to:

- Find health and fitness discounts with HMSA365, the Active&FitDirect™ program, and the ChooseHealthy® program.
- View your claims.
- Use an annual maximum out-of-pocket calculator to see the most you'll pay for benefits in a plan year.
- See where you are with reaching your deductible, if applicable.
- Download your plan's *Guide to Benefits* for details about your HMSA plan.
- Print or request another HMSA membership card.



The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. and the ChooseHealthy program is provided by ChooseHealthy, Inc., both subsidiaries of American Specialty Health Incorporated, a national provider of fitness, health education, musculoskeletal provider networks, and health management programs. Active&Fit Direct and ChooseHealthy are trademarks of ASH and used with permission herein.

# EUTF health plan comparison

Use this chart to compare the plans and choose the one that fits your health and budget needs.

PLAN BENEFITS	EUTF	
	OPEN FOR NEW ENROLLMENT	
	75/25 PPO PLAN	80/20 PPO PLAN
<b>Annual Out-of-pocket Maximum</b> (The most you pay out of pocket in a calendar year.)	\$3,300 per person \$6,600 per family	\$2,500 per person \$5,000 per family
<b>Annual Deductible</b> (The amount you pay out of pocket in a calendar year before your plan pays.)	\$300 per person \$900 per family	In network: None Out of network: \$250 per person \$750 per family
<b>In network Services</b>	<b>YOU PAY</b>	<b>YOU PAY</b>
Office Visits	25%	20%
Preventive Care – <i>Annual Preventative Health Evaluation &amp; Preventive Services</i>	\$0	\$0
Hospital Room and Board	25%*	20%
Maternity Care	25%*	20%
Surgical Procedures (outpatient surgery)	25%*	20%
Diagnostic Tests	25%*	20%
Outpatient Lab	25%	20%
Outpatient Physical and Occupational Therapy	25%*	20%
Outpatient X-ray and Other Radiology	25%*	20%
Emergency Room	25%*	20%
Ambulance (ground)	25%*	20%
Chiropractic Services	\$15 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH (American Specialty Health) in-network provider	\$15 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH (American Specialty Health) in-network provider

\*Annual deductible applies.

This is only a summary. For complete information, see your plan's *Guide to Benefits*, which can be found on [hmsa.com/eutf](https://hmsa.com/eutf). All benefits listed are for services from a participating provider.

No longer available for new enrollment	
90/10 PPO PLAN**	HMO PLAN**
\$2,000 per person \$4,000 per family	\$1,500 per person \$3,000 per family
In network: None Out of network: \$100 per person \$300 per family	None
YOU PAY	YOU PAY
10%	\$15
\$0	\$0
10%	\$0
10%	\$0
10%	\$0 (outpatient surgical center) \$15 (professional charges)
10%	\$0
10%	\$0
10%	\$15 copay
10%	\$15 per X-ray
10%	\$100
10%	20%
\$15 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH (American Specialty Health) in-network provider	\$15 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH (American Specialty Health) in-network provider

HSTA VB	
No longer available for new enrollment	
90/10 PPO PLAN**	80/20 PPO PLAN**
\$2,000 per person \$4,000 per family	\$2,500 per person \$5,000 per family
In network: None Out of network: \$100 per person \$300 per family	None
YOU PAY	YOU PAY
10%	20%
\$0	\$0
10%	20%
10%	20%
10%	20%
10%	20%
10%	20%
10%	\$0
10%	20%
10%	20%
10%	20%
\$12 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH (American Specialty Health) in-network provider	\$12 copayment per visit for up to 20 medically necessary visits per calendar year when you see an ASH (American Specialty Health) in-network provider

\*\*HSTA VB, 90/10 PPO, and HMO plans are closed. Active HSTA VB, 90/10 PPO, and HMO employees with these plans can switch to another HMSA EUTF plan. However, if you switch to another plan, you can't switch back to Active HSTA VB, 90/10 PPO, and HMO.

# Be well, be strong

With HMSA, there are many ways to take care of your health and well-being. Here are some of the benefits and programs available to you at little or no cost. Go to [hmsa.com/eutf](https://hmsa.com/eutf) to learn more.

This is an overview of HMSA's well-being programs and services. Check your *Guide to Benefits* to confirm your plan's specific benefits.



## Lifestyle Resources

**American Specialty Health Group Inc.** provides access to 20 medically necessary chiropractic visits per calendar year when you go to an ASH Group network chiropractic provider.

Visit [ashlink.com/ash/hmsa](https://ashlink.com/ash/hmsa) or call ASH Group Customer Service at 1 (888) 981-2746 to find a participating ASH Group chiropractor. See your *Guide to Benefits* to learn more.

## Health and fitness discounts

- **Active&Fit Direct** offers discounted fitness center memberships and more.
- **ChooseHealthy** gives members discounts on health and fitness products such as apparel, home exercise and gym equipment, smart-watches, and more.
- **HMSA365** is a member savings program for fitness, healthy living, and well-being products and services.

Go to [hmsa.com/eutf](https://hmsa.com/eutf) and click Member Resources to learn more.

**Island Scene** is a health and well-being magazine for members. You can also read the magazine online and get updated articles and videos at [islandscene.com](https://islandscene.com).



## Health Resources

**Blue Cross Blue Shield Global Core** gives members access to care on the Mainland and in many places around the world.

**Caregiver resources** are offered to members who are caring for a loved one.

**MinuteClinic** is a medical clinic in selected Longs Drugs stores on Oahu.

**Find a Doctor** on [hmsa.com/eutf](https://hmsa.com/eutf) helps members find a doctor or other health care provider.

**Hawai'i Tobacco Quitline** provides support for members who want to quit tobacco for good. Talk to your PCP and call 1 (800) QUIT-NOW (784-8669) to get started.

**Health coaching** is available to help members reach their health goals. Call 1 (855) 329-5461 to connect with an HMSA health coach.

**HMSA's Online Care** connects members to doctors and specialists from a computer, tablet, or smartphone from anywhere in Hawaii.

**My Account** is an online portal that members can use to view their claims, details about their health plan, and more.

**Urgent care clinics** are usually open after hours and on the weekends. They're recommended for treating minor illnesses and injuries that are not an emergency but can't wait until the next day.



## Medical Resources

**Advance care planning** is a process that documents your health care wishes so that your doctors and family know how you want to be cared for if you can't make decisions for yourself.

**Digital Diabetes Management Program** uses Virta, a clinically proven, provider-led treatment that helps patients manage their type 2 diabetes through lifestyle changes. The program enables them to lower their A1C, lose weight, and reduce the need for diabetes medications. For more information, visit [virtahealth.com/join/eutf](http://virtahealth.com/join/eutf).

**Diabetes education** provides information and resources for members living with diabetes.

**Health and well-being support** provides outreach and coaching for members with chronic health conditions.

**HMSA Behavioral Health Program** provides referrals to providers who can help members with their emotional health.

**CVS Weight Management Program** is a voluntary lifestyle change program for adults 18+ that supports healthy lifestyle changes with coaching, clinical oversight, and medication support, when needed. There are no BMI requirements, and access to the program is available through a smartphone or similar device.

**HMSA Pregnancy and Postpartum Support Program** provides eligible members with personalized prenatal care support for a healthy pregnancy and six months after delivery. For more resources, see our maternal health page.

**HMSA Supportive Care** helps members manage the symptoms and stresses of serious illnesses.

**The Cardiac Rehabilitation Program** is a nine-week program that helps eligible members reverse the effects of heart disease and reduce risk factors for health conditions like hypertension, prediabetes, diabetes, and early-stage prostate cancer.

## Preventive Care

### Annual visits with a PCP

- **An annual preventive health evaluation** is an annual health assessment for EUTF Active plan members.
- **A physical exam** is the annual health assessment for HSTA VB Active plan members.
- See Preventive care services on page 10.

**Diabetes Prevention Program** helps eligible members who are at risk for prediabetes prevent the onset of type 2 diabetes through lifestyle and diet changes, exercise, and group support.

**Mental health resources** support emotional and behavioral health and well-being.

**Online health education workshops** are fun, interactive ways for members to learn about health and well-being topics.

**Worksite well-being programs** encourage people to engage in healthy habits at work.

To learn more, visit [hmsa.com/well-being](http://hmsa.com/well-being).

## GET STARTED

Interested in health management programs or advance care planning? Talk to your PCP. For health and well-being discounts, go to [hmsa.com/eutf](http://hmsa.com/eutf) and log in to your account.

Questions? Call us at (808) 948-6499 or 1 (800) 776-4672, or visit us at an HMSA Center.

# Quick reference guide for preventive care

Go to [hmsa.com/eutf](https://hmsa.com/eutf) for a list of preventive care services.



## **Blood pressure check**

A blood pressure check is recommended for everyone. A blood pressure plan is recommended for people whose most recent blood pressure test was high.

## **Body mass index**

BMI is a number calculated from your weight and height. It's an indicator of body fat and is used to screen for excess weight that may lead to health problems.

## **Breast cancer screening**

A mammogram is recommended for women ages 40 to 74. The test looks for abnormal cells in breast tissue that could lead to cancer.

## **Cervical cancer screening**

These tests are recommended for women ages 21 to 65. There are two tests. A Pap smear looks for abnormal changes in cells in the cervix that could lead to cancer. An HPV test looks for a virus that causes cervical cancer.

## **Colorectal cancer screening**

A colorectal cancer screening is recommended for people ages 45 to 75. This screening looks for abnormal cells and polyps in the colon and rectum that could lead to cancer. Since there are different tests, your doctor can recommend which test is right for you.

## **Diabetes checkup: Blood sugar test**

A blood sugar test is recommended for people with diabetes. High blood sugar can lead to heart attack, stroke, nerve damage, poor circulation, sexual dysfunction, kidney failure, and blindness.

## **Diabetes checkup: Eye exam**

A dilated retinal eye exam (which is different from a regular eye exam) is recommended for people with diabetes. This exam looks for damage to the eye caused by high blood sugar and high blood pressure.

## **Diabetes checkup: Kidney function test**

A kidney function test is recommended for people with diabetes ages 18 to 75. This test looks at your kidneys' ability to filter blood.

## NOTES

# Serving you

[hmsa.com/eutf](https://hmsa.com/eutf)

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Hours of operation may change. Please go to [hmsa.com/contact](https://hmsa.com/contact) before your visit.

## HMSA Center in Honolulu

818 Keeaumoku St.

Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–2 p.m.

## HMSA Center in Pearl City

Pearl City Gateway | 1132 Kuala St., Suite 400

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

## HMSA Center in Hilo

Waiakea Center | 303A E. Makaala St.

Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

## HMSA Center in Kahului

Puunene Shopping Center | 70 Hookele St., Suite 1220

Monday–Friday, 8 a.m.–5 p.m. | Saturday, 9 a.m.–1 p.m.

## HMSA Center in Lihue

Kuhio Medical Center | 3-3295 Kuhio Highway, Suite 202

Monday–Friday, 8 a.m.–4 p.m.

## Contact HMSA. We're here with you.

Call (808) 948-6499 or 1 (800) 776-4672.

[hmsa.com](https://hmsa.com)

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Scan the QR code for more information about HMSA EUTF Actives health plans.

Together, we improve the lives of our members and the health of Hawaii. Caring for our families, friends, and neighbors is our privilege.