



We're here with you

For the good times. For the tough times. For lifetimes.

HMSA Plan for Federal Employees 2025



Aloha,

No matter where you go in life, HMSA is here to support your good health and well-being.

This year's open enrollment is Nov. 11 to Dec. 9, 2024. If you're an HMSA member and are happy with your plan, you don't need to do anything. Your plan will automatically renew for 2025. If you're not an HMSA member, this is your opportunity to enroll and see why more than 70% of federal employees choose HMSA.

With HMSA, you have continued access to quality, reliable care. You can count on:

- Your choice of doctors and specialists. Our network includes more than 7,500 doctors, specialists, and other health care providers dedicated to quality care.
- Access to Hawaii's top-rated hospitals and clinics. See page 4 to learn more about our growing network.
- Convenient after-hours care. Need care but don't need the emergency room? You can get care online, at an urgent care clinic, or at a MinuteClinic® in selected Longs Drugs stores on Oahu. To learn more about your after-hours care options, see pages 6-7.
- Access to care in more places. If you need to travel to another island for medical treatment, you may be eligible for financial assistance. Learn about the Care Access Assistance Program on page 8.
- Benefits that travel with you. Go to doctors and hospitals on the Mainland and around the world with Blue Cross Blue Shield Global® Core. See page 8 for details.
- Support for your best health and well-being. Our programs and services can help you reach your health goals at every stage of life. For details, see pages 14-15.
- Savings on health-related products and services like online fitness classes, massage therapy, gym memberships, athletic apparel, and more.

On the following pages, you'll find information about the benefits and services you'll have access to as an HMSA member. Please read on to learn more. If you have questions, we're happy to help. See the back cover for ways to contact us.

Thank you for taking the time to learn more about HMSA. We're here with you. For the good times. For the tough times. For lifetimes. Mahalo,

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

2025 plan changes



Starting Jan. 1, 2025, there will be no major changes to both High and Standard Option Federal Plans.

This is a summary of the features of the HMSA Plan. Before making a final decision, please read the plan brochure (RI 73-010). All benefits are subject to the definitions, limitations, and exclusions in the brochure.

HMSA's Plan for Federal Employees

Here are some of your plan's benefits and your share of the costs.

Benefits	High Option Plan Provider You Pay	Standard Option Plan Provider You Pay
Annual deductible	None	\$150 per person \$300 per family
Annual out-of-pocket maximum Protection against catastrophic costs	\$3,000 per person per year \$9,000 per family per year (Some costs can't be applied to your maximum.)	\$5,000 per person per year \$10,000 per family per year (Some costs can't be applied to your maximum.)
Physician services Physician visits Lab and pathology X-rays	\$15 \$0 20% of eligible charges	\$20* 30% of eligible charges* 30% of eligible charges
Hospital services Inpatient Outpatient	\$200 copayment per admission 20% of eligible charges	30% of eligible charges 30% of eligible charges
Emergency benefits (In area and out of area) Lab tests Physician visits Emergency room facility and other emergency services	\$0 \$15 20% of eligible charges	30% of eligible charges \$20* 30% of eligible charges
Mental health and substance abuse treatment Diagnostic, psychological, and lab tests Professional services and medication management Inpatient admission Partial hospitalization and outpatient facility	\$0 \$15 \$200 per admission \$0	30% of eligible charges \$20* 30% of eligible charges 30% of eligible charges
Prescription drugs Tier 1 (preferred generic) Tier 2 (nonpreferred generic and preferred brand) Tier 3 (other brand) Tier 4 (preferred specialty) Tier 5 (nonpreferred specialty)	\$7 \$35 \$70 \$80 \$200	\$7* 40% of eligible charge up to \$100 40% of eligible charge up to \$600 \$200 40% of eligible charge up to \$1,200
Dental care Annual exam and annual cleaning Fillings, extractions, root canal, anesthesia, and X-rays	No charge 30% of eligible charges	Not a benefit
Annual vision exam	20% of the eligible charges	30% of the eligible charges
Point-of-service benefits	Yes	Yes

* Deductible doesn't apply for Standard Option.

If you're a retired HMSA Federal Plan 87 member and have Original Medicare, your HMSA plan will coordinate with Medicare. This means Medicare becomes your primary plan and pays first. Your HMSA plan will pay for services not covered by Medicare based on your plan benefits.

This is a summary of the features of the HMSA Plan. Before making a final decision, please read the Federal Plan Brochure (RI 73-010) and other plan documents at hmsa.com/federalplan. All benefits are subject to the definitions, limitations, and exclusions in the brochure.

2025 Rates

Type of Enrollment	Enrollment Code	Premium Rate			
		Biweekly		Monthly	
		Government Share	Your Share	Government Share	Your Share
High Option Self Only	871	\$257.18	\$85.72	\$557.21	\$185.74
High Option Self Plus One	873	\$563.51	\$187.83	\$1,220.93	\$406.97
High Option Self and Family	872	\$578.14	\$192.71	\$1,252.64	\$417.54
Standard Option Self Only	874	\$176.50	\$58.83	\$382.41	\$127.47
Standard Option Self Plus One	876	\$386.69	\$128.89	\$837.82	\$279.27
Standard Option Self and Family	875	\$396.75	\$132.25	\$859.63	\$286.54

These rates don't apply to all enrollees. If you're in a special enrollment category, please contact the agency or tribal employer that maintains your health plan enrollment.

Top-rated hospitals and clinics



With HMSA, you have access to top-rated hospitals. We're part of the Blue Cross and 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 and 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)

The Queen's Medical Center (queens.org)

- **Knee and hip surgery**

Adventist Health Castle+

Straub Benioff Medical Center

(hawaiiipacifichealth.org/straub)

Wilcox Medical Center+ (wilcoxhealth.org)

- **Maternity care**

Kapi'olani Medical Center for Women & Children+ (kapiolani.org)

Wilcox Medical Center+

- **Spine surgery**

Adventist Health Castle

Pali Momi Medical Center+ (palimomi.org)

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:



**HAWAII
PACIFIC
HEALTH**

CREATING A HEALTHIER HAWAII

KAPI'OLANI
PALI MOMI
STRAUB
WILCOX



**THE QUEEN'S
HEALTH SYSTEM**

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. 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/federalplan 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.



Get after-hours care

An emergency room visit can be expensive and isn't necessary for minor illnesses and injuries. But where can you go if your doctor's office is closed and you need treatment? You can save money and get the care you need with these after-hours options.

- Connect with a doctor on your computer or mobile device from anywhere in Hawaii with HMSA's Online Care®. Doctors are available 24 hours a day, seven days a week. This benefit is available at no cost to members. Download Online Care from the App Store or Google Play and register or visit hmsaonlinecare.com.
- See a doctor at the urgent care clinics in our network, which are listed on page 7. To search for urgent care providers, go to hmsa.com/urgentcare.
- See a doctor or nurse practitioner at MinuteClinic, the medical clinic in selected Longs Drugs stores on Oahu. To find a MinuteClinic, use Find a Doctor at hmsa.com/federalplan.



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

A Guide to Your HMSA Care Options

Save time and money

by choosing the right care. Remember that emergency room visits are expensive and not necessary for illnesses or injuries that aren't life threatening.

Use this guide to help you get the right care when you need it.



Primary care provider

See your PCP for routine and common medical issues like fever, minor symptoms of the flu or a cold, chronic condition management, 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.



Urgent care providers

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

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 directory 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** to register and download the app on your smartphone.
- ✓ Follow up with your PCP after an urgent care or Online Care visit.

Participating Urgent Care Clinics

Hawaii Island

Aloha Kona Urgent Care

75-5995 Kuakini Highway, Suite 213
Kailua-Kona Ph. (808) 365-2297
M: 8 a.m.-4 p.m.
Tu–Th: 8 a.m.-6 p.m.
F: 10 a.m.-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 Road
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 Drive
Kamuela Ph. (808) 880-3321
M–F: 9 a.m.-7 p.m.
Sat–Sun: 8:30 a.m.-4:30 p.m.

Waimea Urgent Care

65-1230 Mamalahoa Highway,
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 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 Road
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 Road, 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 Road, 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 Road, 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 Napili Hau 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 Road
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 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.

Adventist Health Castle Urgent Care Waikiki

1860 Ala Moana Blvd., Suite 101
Honolulu Ph. (808) 921-2273
M–F: 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 Parkway, 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 Parkway, Suite C10-11
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 Road, 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 & 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.

NIU Health Hawaii Kai

6600 Kalanianaʻole Highway, Suite 114A
Honolulu Ph. (808) 888-4800
Daily: 8 a.m.-6 p.m.

Orthopedics Hawaii

120 Kaiulalani 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 Parkway
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 Highway, Bldg. F
Aiea Ph. (808) 735-0007
Daily: 8 a.m.-8 p.m.

Straub Kapolei Clinic & Urgent Care

91-5431 Kapolei Parkway, Suite 1706
Kapolei Ph. (808) 426-9300
Daily: 10 a.m.-8 p.m.

Straub Doctors On Call

2255 Kalakaua Ave.,
Manor Wing Shop No. 1
Honolulu Ph. (808) 971-6000
Daily: 10 a.m.-8 p.m.

Straub Kahala Clinic & Urgent Care

4210 Waialae Ave., Suite 501
Honolulu Ph. (808) 462-5300
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 Highway, Suite 107
Kaneohe Ph. (808) 247-7596
Daily: 8 a.m.-7 p.m.

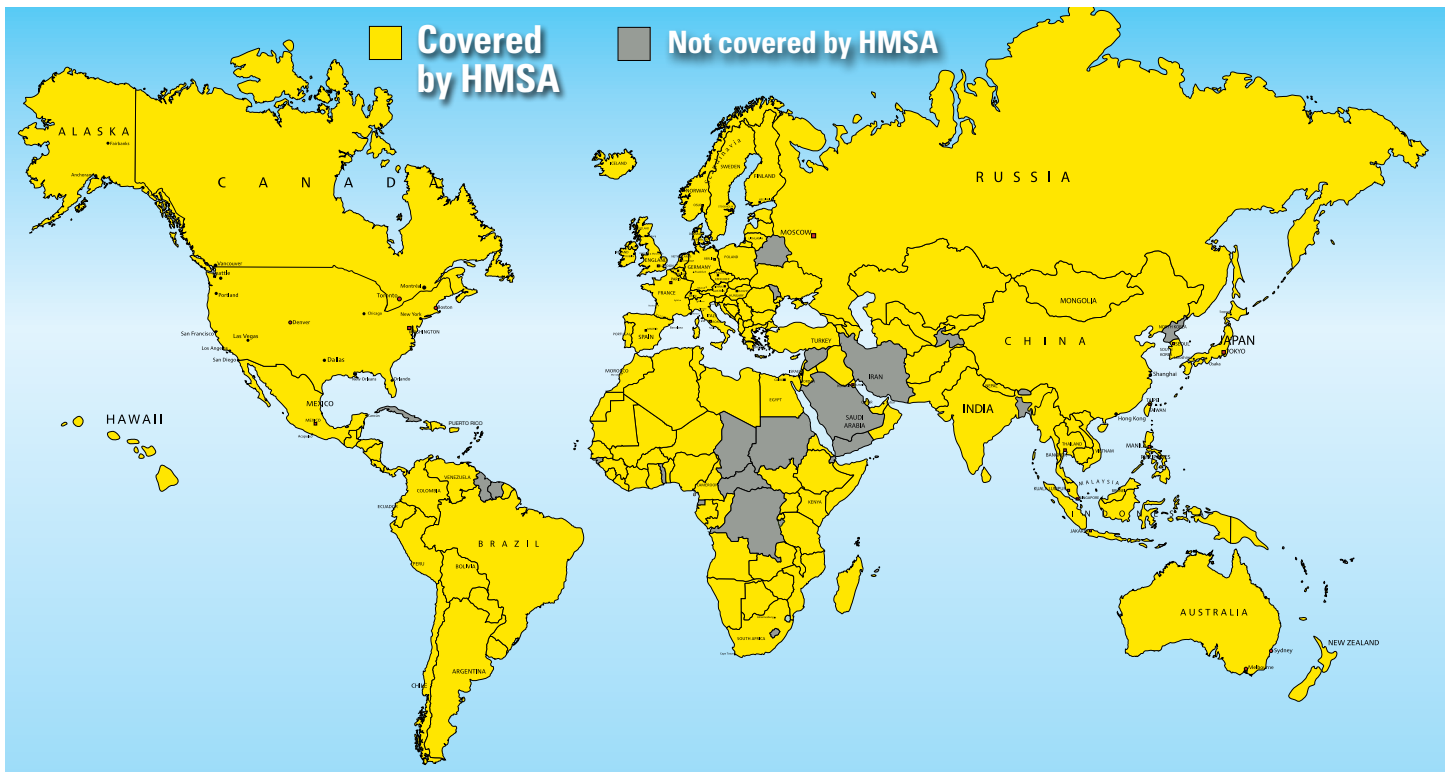
Hours and locations may change.
Please call the clinic for the latest
information and urgent care
availability.

For a current list of participating
urgent care providers, visit
hmsa.com/urgentcare.

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 around the world



With HMSA, you and your eligible dependents can get care on the Mainland and in many international locations.

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 170 countries and territories worldwide.

Looking for a doctor or hospital on the Mainland? Go to bcbs.com.

Traveling internationally? Download the Blue Cross Blue Shield Global Core mobile app for Apple and Android devices. You can use the app to search for providers when you travel. To learn more, go to bcbsglobalcore.com.



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.

Learn more about our 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 more information.

Prescription Drugs

With HMSA, you'll enjoy prescription drug benefits with greater convenience and more savings. We work with our pharmacy benefit manager, CVS Caremark®, to offer innovative pharmacy programs and services and access to a large retail pharmacy network with 68,000 pharmacies in Hawaii and on the Mainland.

It's your choice

When you need medications, you can fill your prescriptions at a participating pharmacy or by mail. To download and print a mail service order form, go to hmsa.com/federalplan and click My Account Login.

Save money

- Save up to 80% on your medication when you fill your prescription with a generic instead of a brand-name medicine. Generics have the same active ingredients and are just as effective as brand-name medications. The amount you save will be based on your drug plan.

\$0 copayment with Maintenance Choice

- With the CVS Caremark Maintenance Choice program, Federal Plan members can get 90-day supplies of generic drugs in the mail or from a Longs Drugs (CVS Pharmacy) or Costco Pharmacy with a \$0 copayment. That's a savings that can't be beat. To learn more ways to save money on your medications, call 1 (855) 298-2491.

Go online

- To sign up for mail-order prescription drugs, go to My Account on hmsa.com/federalplan and click My Account Login.
- On My Account, you can also connect with a pharmacist, print forms, see processed claims, find a nearby pharmacy, and order prescription refills.



Learn more

- Find out if a medication is a benefit of your plan with CVS Caremark Check Drug Cost. You can also see the most affordable options and compare the cost of prescription fills. The tool is available online through hmsa.com/federalplan or on the CVS Caremark smartphone app.
- To see a list of prescription drugs that are a benefit of your health plan, go to hmsa.com/drug-list.

To search for a participating pharmacy near you, use Find a Doctor on hmsa.com/federalplan. Just remember to choose your plan before starting your search.

Add more benefits to your plan

As an HMSA member, you can buy additional supplemental plans that are separate from FEDVIP, such as dental and accidental care plans.

Dental Plans*

HMSA offers comprehensive dental plans that include cleanings, exams, and major services like crowns, dentures, and bridges. Choose our HMSA Dental PPO plan or our HMSA Dental HMO plan. In addition to a large dental network and rich benefits, the Oral Health for Total HealthSM program provides eligible members with additional dental services at no added cost.

Visit hmsa.com/federalplan to learn more.

*These dental products are separate and distinct from FEDVIP and therefore premiums for these products cannot be deducted on a pretax basis. These benefits are neither offered nor guaranteed under contract with the FEHB Program, but are available to all enrollees and family members who become members of HMSA.



	PPO dental
Network access (local)	Choice of dental providers
Network (U.S. Mainland)	Yes
Annual deductible	Yes, for basic plans only
Calendar year maximum	Yes, for adult care only
Rollover benefit	Yes
Preventive care	Yes, coinsurance varies
Basic services*	Yes, coinsurance varies
Major services*	Yes, coinsurance varies

* Waiting period and other exclusions apply.



USAbile Life's Accident Elite Plan*

Life can change in an instant. Be sure you're protected if the unexpected happens. USAbile Life's Accident Elite plan pays cash directly to you in the event of an accident or injury.

Highlights of the plan

- This plan provides benefits 24 hours a day no matter where the accident occurs.
- There's no deductible, annual maximum, or limit on the number of covered accidents.
- This plan is portable, which means you can take it with you if you leave your job.
- This plan pays you in the event of an accident regardless of what your health plan may pay.
- You can enroll yourself, your spouse, and eligible children. You must be under age 65 to enroll.
- A wellness benefit of \$75 is included when you receive health screenings such as an annual physical exam during the year.

How does it work?

If you're injured, the Accident Elite Ultra plan will pay you the cost of:

- Wellness benefits.
- Ambulance service.
- Emergency room treatments.
- Injury.
- Two follow-up physician visits.
- Six physical therapy sessions.

Other plans are also available. To find out more, please visit usablelife.com/federalplan.

*These products are separate and distinct from FEDVIP and therefore premiums for these products cannot be deducted on a pretax basis. These benefits are neither offered nor guaranteed under contract with the FEHB Program, but are available to all enrollees and family members who become members of HMSA.

USAbile Life is an independent company that does not provide HMSA products or services. USAbile Life is solely responsible for providing ancillary insurance products.

Retirement

Medicare is a health insurance program for people age 65 or older. Medicare has different parts that cover specific services.

Medicare’s four parts

Part A (Hospital Insurance)	Part B (Medical Insurance)	Part C (Medicare Advantage Plans)	Part D (Medicare Prescription Drug)
 Helps pay for inpatient care in hospice and hospitals, including critical access and skilled nursing facilities.	 Helps pay for doctors’ services, outpatient care, and services Part A doesn’t pay for.	 A health plan that you get through HMSA. You can use this plan in conjunction with your Medicare plan.	 A drug plan that’s available to people who are eligible for Medicare Part A and Part B. It’s not a Federal Employee Health Benefit Drug Plan.

Two cards for more benefits

With HMSA and Medicare you’ll receive:

- Access to HMSA’s large provider network.
- Access to Medicare’s network.
- Coordination of benefits when seeing a provider that accepts both plans.

When you receive care, show providers your HMSA and Medicare membership cards. This ensures your claims are processed correctly.



Finding a provider

Medicare has its own network of participating providers who accept Medicare’s allowance. If you visit a provider outside of their network, we’ll pay the difference between what Medicare pays and what you owe the provider. You can find out which providers are in the Medicare participating provider network at **medicare.gov**. Go to **medicare.gov** and click Find care providers.

Keep in mind that you may be required to see a participating provider based on your plan type. To find a doctor, use Find a Doctor on **hmsa.com/federalplan**.

For more information about Medicare, visit **medicare.gov**.



Well-being programs

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/federalplan 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

Health and fitness discounts

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

Go to hmsa.com/federalplan and click Member Resources to learn more.

Island Scene is a health and well-being magazine that's mailed to members four times a year. Read it at home or online at 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 are medical clinics in selected Longs Drugs stores on Oahu.

Find a Doctor on hmsa.com/federalplan 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.

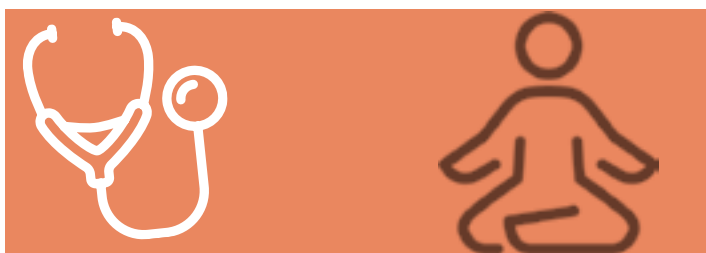
HMSA's Online Care connects members to doctors and specialists from a computer, tablet, or smartphone from anywhere in Hawaii.

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 aren't an emergency but can't wait until the next day.

Active&Fit Direct and the Active&Fit Direct logos are trademarks of American Specialty Health and used with permission herein. Additional terms and conditions apply. The Active&Fit Direct program is provided by American Specialty Health Fitness Inc., a subsidiary of American Specialty Health Inc. American Specialty Health is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

The ChooseHealthy program is provided by American Specialty Health Group Inc. and ASH Technologies Inc. (dba ASH Technologies of Delaware Inc. in the state of Pennsylvania); all are subsidiaries of American Specialty Health Incorporated (ASH). The ChooseHealthy program is an independent specialty health organization that provides discounts on health, fitness, and wellness products to HMSA members.



Medical Resources

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

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

Digital Diabetes Management Program uses Virta, a clinically proven, provider-led treatment that helps patients manage their type 2 diabetes through lifestyle changes that enables them to lower their A1C, lose weight, and reduce the need for diabetes medications. The HMSA's Federal Plan 87 fully covers the cost of Virta for you and your eligible family members with type 2 diabetes. For more information, visit virtahealth.com/join/fedplan87.

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.

HMSA's Care Access Assistance Program provides financial assistance for eligible members who need to travel for specialty care that isn't available or isn't available soon enough on their home island.

HMSA Pregnancy and Postpartum Support Program provides eligible members with personalized prenatal care support for a healthy pregnancy and six months after delivery.

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



Preventive Care

Annual visits with a PCP.

A physical exam is the annual health assessment for plan members.

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

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.

Medication therapy management program will help you manage your medications with activities that will provide you with the support you need to adhere to your medication regimen.

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/federalplan 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.

To learn more, visit hmsa.com/well-being.





hmsa.com/federalplan

View your health plan information and member benefits online on My Account at **hmsa.com/federalplan**.



- View your health plan information and member benefits online.
- Go to **hmsa.com/federalplan** and click My Account Login.
- Or scan the QR code.

Visit **hmsa.com/federalplan** for:

- 2025 premium amounts.
- Open season member booklet and videos.
- *Summary of Benefits and Coverage*.
- A directory of participating doctors and other health care providers.
- A list of prescription drugs your plan pays for.
- Customer service contact information.
- A link to My Account Login.

Log in to My Account to:

- Request or print a copy of your HMSA membership card.
- View your claims history and Report to Member.
- View your *Guide to Benefits*.
- Use an annual maximum out-of-pocket calculator.

Go to **hmsa.com/federalplan** and click My Account Login to register.

Notice of *Summary of Benefits and Coverage*: Availability of Summary Health Information.

Federal Employees Health Benefits Program offers numerous health plan benefits and coverage options. Choosing a health plan and coverage option are important decisions. To help you make an informed choice, each FEHB plan makes available a *Summary of Benefits and Coverage* about each of its health plan options online and on paper. The SBC summarizes important information in a standard format to help you compare plans and options.

To see the High Option plan SBC, visit **hmsa.com/2025FederalPlanSBC**. To see the Standard Option plan SBC, visit **hmsa.com/2025FederalStandardPlanSBC**. If you want us to send you a copy at no charge, call 1 (800) 776-4672.

For more information about plans available under the FEHB Program, including SBCs for other FEHB plans, visit **opm.gov/healthcare-insurance**.

Can't access the portal? We can send you a copy of the Federal Plan Brochure.
Just fill out and mail this form or email your request to **hmsafederalplan@hmsa.com**.

CUT HERE

NAME

ADDRESS

CITY

STATE

ZIP CODE

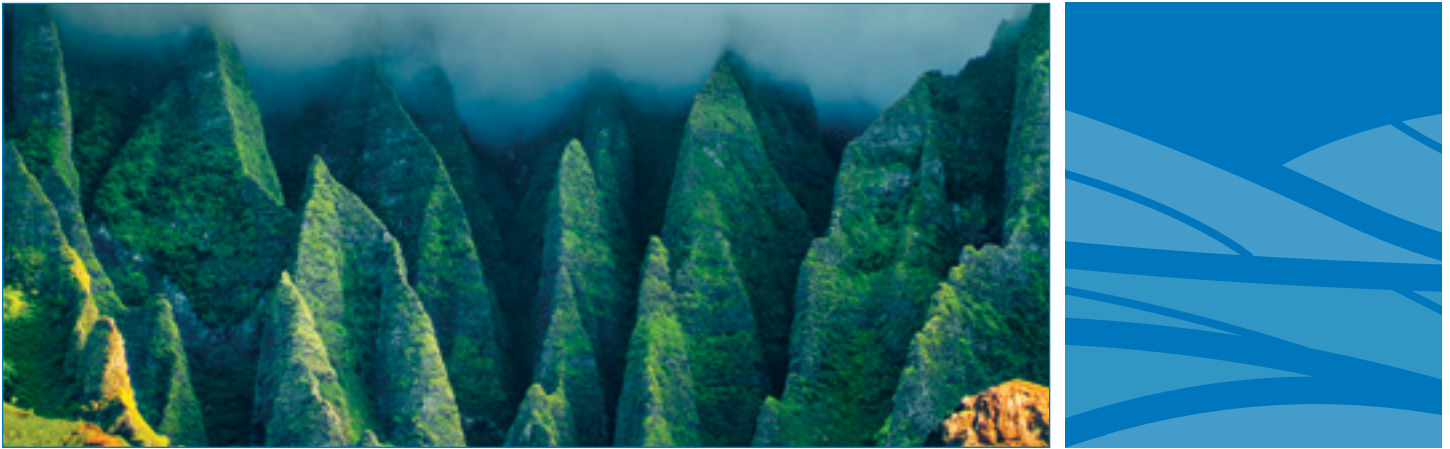
Mail your request to:

HMSA Federal Plan
AMS/8
P.O. Box 860
Honolulu, HI 96808

Also send me:

- ☐ Member booklet
- ☐ Provider directory

Quick reference guide for preventive screenings



Blood pressure check

A blood pressure check is recommended for everyone. A blood pressure plan is recommended for people whose 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 40 years of age and older once every calendar year. 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.



An Independent Licensee of the Blue Cross and Blue Shield Association

Coordination of Benefits Form

If you and your dependents are covered under multiple health plans, this form will help us process your claims quickly and accurately. (You can also fill this form out by logging into members.hmsa.com.)

If you, your spouse, and your dependents are only covered by your HMSA plan, complete section 1.

If you, your spouse, or any of your dependents are covered by your HMSA plan and: **Complete sections:**

- ☐ Another health insurance plan..... 1 and 2
- ☐ Medicare..... 1 and 3
- ☐ Another health insurance plan and Medicare 1, 2, and 3

PLEASE PRINT

Section 1 – HMSA Subscriber Information

HMSA subscriber's name: _____ Birth date: _____

Employment status: ☐ Active ☐ Retired

Retirement date (if applicable): _____

HMSA subscriber ID: _____ Social Security number: ____ - ____ - ____

Phone number: (____) _____

I certify that the information I've provided on this form is true and correct. I agree to inform HMSA of any changes.

HMSA subscriber's signature: _____ Date: _____

Section 2 – Other Coverage Information

Policyholder's name: _____

Sex: ☐ Male ☐ Female

Birth date: _____ Social Security number: ____ - ____ - ____

Relationship to you: _____

Other health plan's name: _____

Policyholder identification number: _____

Other health plan's address: _____

Phone number: (____) _____

Employment status: ☐ Active ☐ Retired

Employer's name: _____

Retirement date (If applicable): _____

Type of coverage	☐ Medical	☐ Drug	☐ Dental	☐ Vision
Effective date				
Cancellation date				

Please list any other dependents who are on this other plan.

1. First and last names: _____
Relationship to you: _____
2. First and last names: _____
Relationship to you: _____
3. First and last names: _____
Relationship to you: _____
4. First and last names: _____
Relationship to you: _____
5. First and last names: _____
Relationship to you: _____
6. First and last names: _____
Relationship to you: _____
7. First and last names: _____
Relationship to you: _____
8. First and last names: _____
Relationship to you: _____

Section 3 – Medicare Coverage Information

Medicare beneficiary's name: _____

Social Security number: ____ - ____ - ____

Medicare number: _____

Type of coverage	Effective date
Part A (Hospital)	
Part B (Medical)	
Part D (Drug)	

Medicare eligibility due to:

- ☐ Age
☐ Disability
☐ End-stage renal disease
- Initial dialysis date: _____

Medicare beneficiary's name: _____

Social Security number: ____ - ____ - ____

Medicare number: _____

Type of coverage	Effective date
Part A (Hospital)	
Part B (Medical)	
Part D (Drug)	

Medicare eligibility due to:

- ☐ Age
☐ Disability
☐ End-stage renal disease
- Initial dialysis date: _____

Please return your completed Coordination of Benefits Form to:

HMSA
MS Primacy
P.O. Box 860
Honolulu, HI 96808-0860

Serving you

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 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.

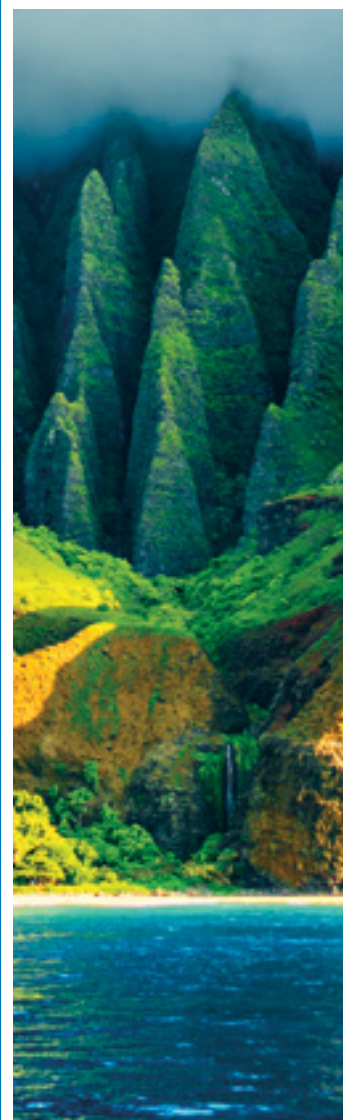
Contact HMSA. We're here with you.

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

Please visit hmsa.com/federalplan or scan the QR code for more information.



     @hmsahawaii



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

