



January 2025

► HMSA QUEST

Enjoying Good Health • Member Newsletter

NEW YEAR, NEW YOU. HMSA SUPPORTS YOU.

All of us at HMSA wish you a healthy and Happy New Year. In 2025, don't forget to prioritize yourself with good self-care by making healthy choices for your physical, mental, and emotional health.

Quitting tobacco (cigarettes, e-cigarettes or vapes, chew, snuff, snus, and other types of smokeless tobacco) is a great way to improve your health and the health of loved ones who may be exposed to secondhand smoke and vapor, or aerosol from electronic cigarettes. Having support can make all the difference. We're here to help.

HMSA partners with the Hawaii Tobacco Quitline to give you free support and resources, such as nicotine gum, patches, and lozenges, to help you quit for good.

If you're ready to start your journey toward a tobacco-free life:

1. Contact the Hawaii Tobacco Quitline by visiting hawaiiquitline.org or calling 1 (800) QUIT NOW (1 (800) 784-8669) toll-free to get started.
2. Reach out to an HMSA health coach online at hmsa.com/well-being/health-coaching/, click on Enroll and complete the form. Or you can call 1 (855) 329-5461 toll-free.
3. Let your primary care provider know you want to quit so you can discuss treatment options.

The Hawaii State Department of Health's Tobacco Quitline provides programs for members who want to quit smoking or using tobacco products on HMSA's behalf.



▶ GET MY HEALTH REWARDS GIFT CARDS

Eligible HMSA QUEST members who are pregnant or have recently delivered can enroll in **HMSA's My Health Rewards Program**. In addition, if you have children 0-15 months of age with HMSA QUEST, they can also be enrolled in the program. Eligible members earn gift card rewards for completing and reporting certain prenatal, postpartum, and well-child health care visits. Visits need to be reported through a member's My Health Rewards account. See the table below for eligible visits.

Type of visit	When to complete the visit	Reward (gift card)
Prenatal visit	In the first trimester of pregnancy or within 42 days of enrollment in HMSA QUEST	\$50, one per pregnancy
Postpartum visit	On or between seven and 84 days after delivery*	\$50, one after delivery*
Well-child visits	Between birth to 15 months of age	\$10 each visit (up to 6 visits) \$15 bonus for completing six well-child visits

IMPORTANT: Must be an HMSA QUEST member at the time of visit.**

- Eligible visits in 2024 must be reported by Jan. 14, 2025.
- Eligible visits in 2025 must be reported by Jan. 14, 2026.

* Includes: birth, miscarriage, stillbirth, or neonatal death.

** Eligibility determination is at the sole discretion of HMSA.

The amount rewarded on the gift card varies by the type of health care visit and can be used at participating Longs Drugs, Safeway, Walgreens, and Walmart stores†.

How it Works

- Complete the eligible health care visit with your provider.
- Create a My Health Rewards account at hmsa.com/novu-medicaid.

- Provide the following details for each eligible visit through your account:
 - Date of visit.
 - Name of provider or clinic.
 - Your estimated delivery date for the prenatal visit.

If you have an eligible child, create a separate account using their HMSA QUEST member ID number. If you have questions about the My Health Rewards program, email MyHealthRewards@hmsa.com or visit hmsa.com/help-center/my-health-rewards-program/ or scan the QR code. Please check the web page for a list of approved items. Alcohol and tobacco cannot be purchased with these gift cards.



† Participating retailers are not sponsors of this promotion and are not affiliated with HMSA or Icario, Inc. and its subsidiaries.

► SUPPORT FOR GOOD HEALTH

Taking care of your health is easier than ever with HMSA's Health and Well-being Support. You'll find many resources to help you and your family live healthier. Visit hmsa.com/well-being to find the following and more.

Save money on health and wellness products and services with HMSA365 at hmsa.com/well-being/hmsa365.

Learn something new by joining a health education workshop at no cost, in person or online. Visit hmsa.com/healtheducation for a list of workshops and to enroll in a class.

Help manage or prevent health conditions with resources about specific topics below.

Asthma

hmsa.com/asthma

Congestive heart failure

hmsa.com/CHF

Chronic obstructive pulmonary disease

hmsa.com/copd

Coronary artery disease

hmsa.com/CAD

Diabetes

hmsa.com/diabetes

High blood pressure

hmsa.com/hypertension

Need help? We can:

- Answer your questions about medications, diet, exercise, or other health concerns.
- Talk with you about how you can better manage your health.
- Remind you about preventive screenings and exams.
- Help you find a doctor or a health coach.

Call HMSA Health and Well-being Support at 1 (855) 329-5461 toll-free, option 1, Monday-Friday, 8 a.m.-5 p.m., or scan the QR code to visit hmsa.com/well-being.



► IMPORTANT INFORMATION ABOUT YOUR HEALTH PLAN

HMSA complies with applicable federal civil rights laws. We don't discriminate on the basis of:

- Race.
- Color.
- National origin.
- Age.
- Disability.
- Sex.

ATTENTION: If don't you speak English, language assistance services, free of charge, are available to you. Call 1 (800) 440-0640. TTY: 1 (877) 447-5990.

(Ilokano, Ilocano) PAKDAAR: No Ilocano, ti usaren a pagsasao yo, adda dagiti awan bayadna a serbisyo a tulong iti lengguahe a mabalinyo nga usaren. Tumawag iti 1 (800) 440-0640 awan bayadna (TTY: 1 (877) 447-5990).

(繁體中文, Chinese)

Cantonese 注意：如果您講粵語，您可免費獲得語言協助服務。請致電免費電話 1 (800) 440-0640 (TTY: 1 (877) 447-5990)。

Mandarin 注意：如果您講普通話，您可免費獲得語言協助服務。請致電免費電話 1 (800) 440-0640 (TTY: 1 (877) 447-5990)。

(한국어, Korean) 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1 (800) 440-0640 (TTY: 1 (877) 447-5990) 번으로 전화해 주십시오.

(Tiếng Việt, Vietnamese) CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1 (800) 440-0640 (TTY: 1 (877) 447-5990).

(Tagalog, Filipino Tagalog) PAUNAWA: Kung nagsasalita kayo ng Tagalog, maaari kayong gumamit ng mga serbisyong tulong sa wika nang walang bayad. Tumawag sa 1 (800) 440-0640 walang bayad (TTY: 1 (877) 447-5990).



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TIPS FOR A LIFETIME OF GOOD HEALTH AND WELL-BEING

IN THIS ISSUE

New Year, New You. HMSA is Here to Support You.
Get My Health Rewards Gift Cards
Support for Good Health

