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TIPS FOR A LIFETIME OF GOOD HEALTH AND WELL-BEING

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June 2025

► HMSA QUEST

Enjoying Good Health • Member Newsletter

ANNOUNCING A NEW TRANSPORTATION PARTNER

We're excited to announce a new partnership with Modivcare to provide non-emergency medical transportation arrangements for HMSA QUEST members.

Starting July 1, 2025, Modivcare will make your travel arrangements for ground transportation on your home island and off-island visits with precertification. To connect with a Modivcare representative, please call the number on the back of your membership card and select the "travel" option. Future offerings may include the ability to check your travel itinerary and status of requests online or through a mobile phone app provided by Modivcare.

Please work with your primary care provider and participating HMSA providers to request transportation. When your medical service requires prior authorization, your PCP or participating medical provider should obtain approval before travel is requested.

HMSA is working closely with Modivcare to support your needs during this transition. Our goal is to make sure you have the transportation you need to get to your appointments. For more information, visit hmsa.com/QUEST.

▶ NEW BENEFIT: PALLIATIVE CARE AT HOME OR CLINIC

Eligible HMSA QUEST members can now receive community palliative care outside of the hospital setting, such as the member's home or clinic. Palliative care is already a benefit in hospital settings.

This type of medical care focuses on relieving symptoms, managing pain, and addressing the holistic needs of members diagnosed with a serious illness.

Palliative care is provided to improve the quality of life for the member and their family by addressing symptoms and offering support. It can be delivered at any age and any stage of illness, and can be provided with treatment aimed at healing.

Talk to your provider to learn more about whether palliative care is right for you.



▶ HELP TO MANAGE OR PREVENT HEALTH CONDITIONS

Please visit the following resource pages if you need more information about these topics.

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? In addition, you can contact us. 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 visit hmsa.com/well-being.

▶ RECIPE: DARK CHOCOLATE AND BLUEBERRY CUPS

Rather than milk chocolate, dark chocolate is a healthier version of this treat since it contains powerful antioxidants and less sugar. Eating it in moderation is still key, though, and these mini cups make it easier to do so.

Ingredients

- 1 Tbsp. coconut oil
- 8 oz. coarsely chopped dark chocolate
- 1 Tbsp. chia seeds
- ½ cup blueberries
- 2 Tbsp. finely chopped walnuts



Instructions

- Line muffin tray with liners or use a silicone muffin tray.
- In a small pan, melt coconut oil and chocolate over low heat, continuously stirring. Remove from heat and stir in chia seeds.
- Divide chocolate mixture between muffin cups. Top each with equal amounts of blueberries and walnuts, gently pressing them into the chocolate.
- Refrigerate for at least 30 minutes. Makes about 12 servings.

Recipe contributed by Michelle Liu. Find more recipes at islandscene.com/food.

▶ KEEPING KEIKI HEALTHY

Your keiki is growing so fast. Together with your child's provider, you can give them the best chance for a healthy future. With the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) program, your keiki can get preventive services that will help keep them happy and healthy.

Free EPSDT checkups include:

- Complete physical exam.
- Lab tests.
- Immunizations.
- Vision/hearing screening.
- Developmental and behavioral screening.
- Advice and guidance.
- Referrals to specialists.
- Oral (mouth) checkups.
- Prescription medications.

Track your child's EPSDT checkups

Newborn and Infants

- ☐ < 1 month
- ☐ 1 month
- ☐ 2 months
- ☐ 4 months
- ☐ 6 months
- ☐ 9 months
- ☐ 12 months

Children and Teens

- ☐ 15 months
- ☐ 18 months
- ☐ 24 months
- ☐ 30 months
- ☐ 3 years
- ☐ 4 years
- ☐ 5 years
- ☐ 6 years
- ☐ 7 years
- ☐ 8 years

- ☐ 9 years
- ☐ 10 years
- ☐ 11 years
- ☐ 12 years
- ☐ 13 years
- ☐ 14 years
- ☐ 15 years
- ☐ 16 years
- ☐ 17 years

Young Adults

- ☐ 18 years
- ☐ 19 years
- ☐ 20 years

▶ 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 serbisyonang tulong sa wika nang walang bayad. Tumawag sa 1 (800) 440-0640 walang bayad (TTY: 1 (877) 447-5990).