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## TIPS FOR A LIFETIME OF GOOD HEALTH AND WELL-BEING

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# HMSA QUEST

April 2026

## Enjoying Good Health • Member Newsletter

### WE'RE HERE WITH YOU

All of us at HMSA hope your 2026 is off to a good start. Remember to take care of yourself by making healthy choices for your physical, mental, and emotional health. If you need help with your QUEST benefits or finding care, call HMSA QUEST Member Services at the number on your membership card or visit [hmsa.com/quest](https://hmsa.com/quest).

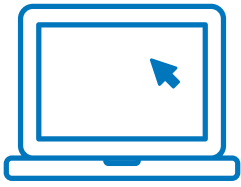


### EARN \$50 FROM THE CHILD WELLNESS INCENTIVE PROGRAM

QUEST members who take their children under age 18 for annual well-child visits can earn a \$50 gift card from the Hawaii Child Wellness Incentive Program (HCWIP). If you have questions, call 1 (833) 909-3631 or email [HCWIP@dhs.hawaii.gov](mailto:HCWIP@dhs.hawaii.gov). The program runs until June 2027. To learn more or sign up, visit [medquest.hawaii.gov/cwip](https://medquest.hawaii.gov/cwip).

### WELL-CHILD VISITS HELP KEEP YOUR CHILD HEALTHY

Well-child visits include checkups, screenings, and immunizations at no cost to you. Spring and summer breaks are a great time to schedule a well-child visit. Your child's primary care provider (PCP) is listed on your HMSA QUEST membership card. Please call them to schedule a well-child visit. If you need help finding your PCP or have questions about your QUEST benefits, call us.



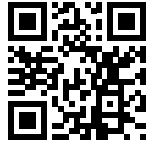
## ACCESS YOUR HMSA QUEST HANDBOOK

Your *HMSA QUEST Member Handbook* has information about your health plan and

how to use your benefits. You can also find out about preventive health service programs to keep you feeling happy and healthy. We recently made some updates to the handbook and will do so periodically. All changes will be reflected in the summary of changes after the table of contents.

To view your *HMSA QUEST Member Handbook* online:

1. Go to [hmsa.com/QUEST](https://hmsa.com/QUEST) or scan the QR code.
2. Scroll down and click on the Member Handbook link.
3. Choose your preferred language.



## HOW TO FIND A PROVIDER

With our large network of health care providers for you to choose from, you're sure to get the care you need. Here are two ways to find a provider that's right for you.

- Use Find a Doctor.
  1. Visit [hmsa.com](https://hmsa.com) and click Find a Doctor located at the top right of your screen.
  2. Under QUEST, choose your plan, click the box next to Remember my plans, and click Search. Start your search based on a provider's name, location, specialty, or ailment.
- Browse the Participating Provider Directory
 

To see a list of providers who treat HMSA QUEST plan members:

  1. Visit [hmsa.com/QUEST](https://hmsa.com/QUEST).
  2. Scroll down and click Participating Provider Directory.



## DO YOU HAVE HMSA QUEST AND A MEDICARE DUAL ELIGIBLE SPECIAL NEEDS PLAN (D-SNP) WITH ANOTHER HEALTH PLAN?

Starting Jan. 1, 2027, federal law requires D-SNP members receive Medicare D-SNP and QUEST benefits from the same health plan to provide better coordinated care and services.

Members who continue to receive Medicare D-SNP and QUEST benefits from different health plans after December 31, 2026, will be at risk of disenrollment from their Medicare D-SNP plan.

If you have a non-HMSA Medicare plan, please contact us to learn more about enrolling in HMSA Akamai Advantage® Dual Care (PPO D-SNP) with no monthly premium cost.

- Visit [hmsa.com/dualcare](https://hmsa.com/dualcare) or scan the QR code.
- (808) 948-6235.
- Visit an HMSA Center.



### With HMSA Akamai Advantage Dual Care, you get:

- A simplified health care experience and a health coordinator to coordinate your care and services.
- \$125 a month for over-the-counter (OTC) health products, food, and home utilities.\*
- \$0 dental cleanings, fillings, dentures, and more.

HMSA Akamai Advantage® Dual Care is a PPO D-SNP plan with a Medicare contract and is a state of Hawaii Medicaid Managed Care Program. Enrollment in HMSA Akamai Advantage Dual Care depends on contract renewal.

The Food and Home Utilities allowance is a special supplemental benefit available only to chronically ill members with eligible chronic conditions like: diabetes, high blood pressure (hypertension), high cholesterol (hyperlipidemia), cardiovascular disorders (i.e. heart problems), and stroke. Other conditions may be eligible. For the full list of eligible chronic conditions, see [hmsa.com/ExtraBenefits-DualCare](https://hmsa.com/ExtraBenefits-DualCare). All applicable eligibility requirements must be met before the benefit is provided. Not all members qualify. This benefit is only available on HMSA Akamai Advantage Dual Care (PPO D-SNP).



## ARE YOU PLANNING FOR PARENTHOOD?

Whether you're thinking about starting a family soon or holding off for a while, a little planning now can make a big difference later.

### **Before Pregnancy:**

Taking care of your health before pregnancy helps you and your baby have a healthy future. Regular women's health check-ups can lower your risk of problems and help you feel your best.

### **During and After Pregnancy:**

Your body changes a lot during pregnancy (prenatal) and after pregnancy (postpartum). These changes affect your physical and mental health. Regular visits with your provider can help you:

- Learn about healthy eating, exercise, and what to expect.
- Catch health issues early.
- Check your baby's growth and development.
- Get support for your mental health.

Be sure to stay connected with your ob-gyn by going to your regular check-ups. This helps you get the support you need and keep your health on track.

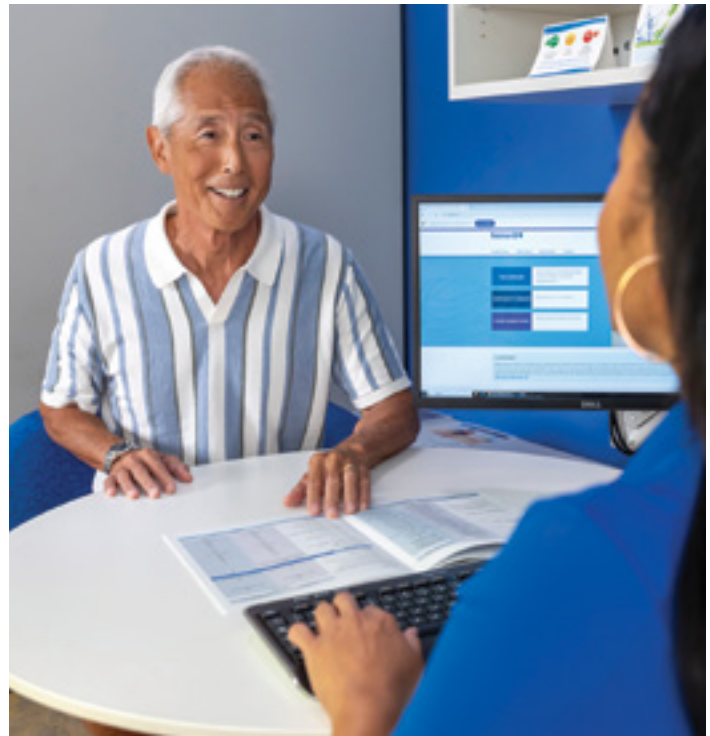
If you're currently pregnant, make sure you have your first prenatal visit in the first 12 weeks of pregnancy. This gives you and your baby a chance to have the best health outcomes. Find more resources at [hmsa.com/maternalhealth](https://hmsa.com/maternalhealth).

### **Sign Up for Pregnancy Tips and Guidance**

If you're planning to have a baby or are already pregnant, you can sign up to get tips, guidance, and early pregnancy planning tools. Scan the QR code or visit [hmsa.com/help-center/forms/pregnancy-info-optin/](https://hmsa.com/help-center/forms/pregnancy-info-optin/) to sign up. You'll receive helpful information about pregnancy and family planning.



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## IMPORTANT INFORMATION ABOUT YOUR HEALTH PLAN

For the Notice of Nondiscrimination and Notice of Availability of Language Assistance Services and Auxiliary Aids and Services, visit [hmsa.com/section1557-notices](https://hmsa.com/section1557-notices) or scan the QR code below. To request a hard copy, call 1 (800) 440-0640 toll-free.

