

# HMSA's Annual Physical Exam Benefit for EUTF Members

Staying in touch with your physician is a great way to take care of your health. With your annual physical exam, you don't have to wait until you're sick to make an appointment. This preventive care visit can help you assess your health and give you more time to talk to your physician about your questions and concerns.

## What's included in your annual physical exam?

- Routine vision and hearing tests.
- Audiogram (optional).
- Blood count.
- Chest X-ray.
- A biochemistry panel and/or electrocardiogram (available to members age 40 and older).

This benefit is available at a \$0 copayment for PPO and retiree plans and a \$15 copayment for HMO plans. If you need to find a physician, you can use the Find a Doctor tool on [hmsa.com](http://hmsa.com).

## Questions?

808-948-6499 on Oahu

1 (800) 776-4672 toll-free on the Neighbor Islands

---

## Important Information About Your Health Plan

We comply with applicable federal civil rights laws. We don't discriminate, exclude people, or treat people differently because of:

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

This notice has important information about your HMSA application or plan benefits. It may also include key dates. You may need to take action by certain dates to keep your health plan or to get help with costs.

If you or someone you're helping has questions about HMSA, you have the right to get this notice and other help in your language at no cost. To talk to an interpreter, please call 1 (800) 776-4672 toll-free. TTY 711.

Daytoy a pakaammo ket naglaon iti napateg nga impormasion maipanggep iti aplikasionyo iti HMSA wenno kadagiti benepisioyo iti plano. Mabalín nga adda pay nairaman a petsa. Mabalín a masapulyo ti mangaramid iti addang agpatingga kadagiti partikular a petsa tapno agtalinaed kayo iti plano wenno makaala kayo iti tulong kadagiti gastos.

No addaan kayo wenno addaan ti maysa a tao a tultulonganyo iti saludsod maipanggep iti HMSA, karbenganyo a maala daytoy a pakaammo ken dadduma pay a tulong iti bukodyo a pagsasao nga awan ti bayadna. Tapno makapatang ti maysa a mangipatarus ti pagsasao, tumawag kay koma iti 1 (800) 776-4672 toll-free. TTY 711.

Ang abiso na ito ay naglalaman ng mahalagang impormasyon tungkol sa inyong aplikasyon sa HMSA o mga benepisyo sa plano. Maaari ding kasama dito ang mga petsa. Maaaring kailangan ninyong gumawa ng hakbang bago sumapit ang mga partikular na petsa upang mapanatili ninyo ang inyong planong pangkalusugan o makakuha ng tulong sa mga gastos.

Kung kayo o isang taong tinutulungan ninyo ay may mga tanong tungkol sa HMSA, may karapatan kayong makuha ang abiso na ito at iba pang tulong sa inyong wika nang walang bayad. Upang makipag-usap sa isang tagapagsalin ng wika, mangyaring tumawag sa 1 (800) 776-4672 toll-free. TTY 711.



An Independent Licensee of the Blue Cross and Blue Shield Association