

# HMSA

## Health and Well-being Support

### HMSA is here to help you get the care you need



HMSA can provide you with personalized support and care coordination. Our team of skilled nurses, case managers, and social workers take the time to understand your specific needs to help you improve your health and well-being, whether you have more than one serious health condition or you're facing a serious illness. We connect you with health professionals and community resources that will help you achieve your best well-being.

The HMSA team is available by phone or in person to work with you and coordinate your care with your doctor.

We may also reach out to you to coordinate care or support you in your health and well-being goals. Please be sure to answer our call if you're available.

### How you benefit:

- Learn about your health needs, conditions, and care options.
- Talk about your health care options.
- Get support and motivation to reach your well-being goals.
- Get encouragement to schedule and keep follow-up visits with your doctor.
- Learn to take your medications as prescribed.
- Discuss your physical, emotional, psychological and spiritual needs for peace of mind and comfort.
- Help with advance care planning.
- Coordinate care for your treatments, medications, and communications with your doctor and health care team.

### Questions?

**Call 1 (855) 329-5461 toll-free  
Monday to Friday, 8 a.m.-5 p.m.**