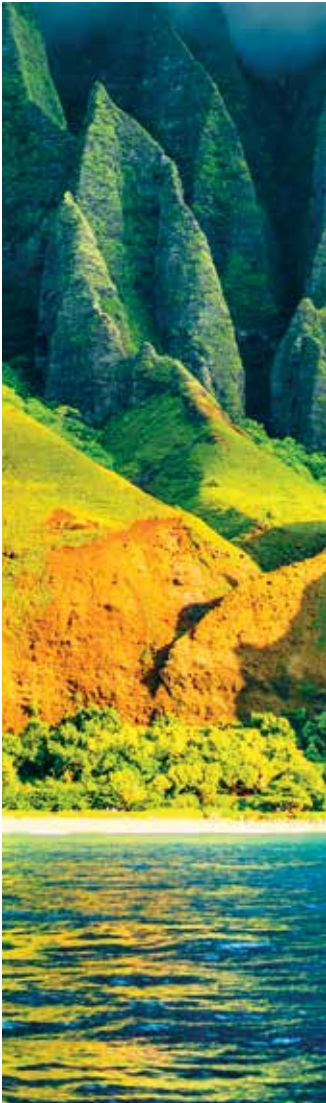


EUTF Well-being Benefits Guide



For active employees and
their family members



Live well, stay well, get well.

April 2019



An Independent Licensee of the Blue Cross and Blue Shield Association

Every day is another step in your life's journey. Whether you want to stay on course or get back on track, these programs can help you head in the right direction.



Focus on you

Put yourself first with screenings, convenient care, fitness discounts, and more.

- **It's your time.** If you're an EUTF Active plan member, see your PCP for an annual preventive health evaluation (APHE). HSTA VB Active plan members should schedule a physical exam with their PCP. It's a good way to stay on top of your health and prevent or treat major health problems before they start. These services are available at no cost when you see a provider in our network.
- **It's your care.** Use HMSA's Online Care[®] to see a doctor or specialist on your smartphone, computer, or tablet from anywhere in Hawaii. This service is available at no cost.
- **It's your space.** Use Sharecare to learn your RealAge[®], track your health habits, and get personalized health and fitness tips.
- **It's your workout.** Choose a gym membership discount through Active&Fit Direct[™]. And save money on health, fitness, and well-being products and services through HMSA365.

AmericanWell[®] is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.

RealAge[®] is a registered mark of Sharecare, Inc.

Sharecare, Inc., is an independent company that provides health and well-being programs to engage members on behalf of HMSA.

Active&Fit Direct is a trademark of ASH. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. American Specialty Health (ASH) is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

Get back on track

Turn your health and life around with these programs and services.

- **Change it up.** Ready to make a change to improve your health and fitness? An HMSA health coach can help you succeed.

- **Stop diabetes before it starts.** HMSA's Diabetes Prevention Program can help you prevent diabetes through healthy lifestyle changes.

Participating program sites include the YMCA of Honolulu's Kaimuki-Waialae, Kalihi, Leeward, Mililani, Nuuanu, and Windward branches.

- **Give your heart a break.** The Ornish Lifestyle Medicine™ program can help you improve your health through diet, exercise, stress management, and group support. Members with heart disease or multiple cardiac risk factors may be eligible to participate in the program.

Participating program sites include 'Ekahi Health System, Hilo Medical Center, Island Heart Care, and Straub Medical Center.

- **Manage your health conditions.** HMSA's health and well-being support program provides education and resources to members living with asthma, diabetes, COPD, heart disease, and high blood pressure.

- **Make a clean break.** Quitting tobacco is hard to do. Get the support you need from the Hawai'i Tobacco Quitline. Call 1 (800) QUIT-NOW to get started.

- **Be inspired.** Learn something new at an HMSA health education workshop or try a new recipe from HMSA's *Island Scene* magazine in print and online at islandscene.com.



Prepare for the future

Plan ahead and get the support you need.

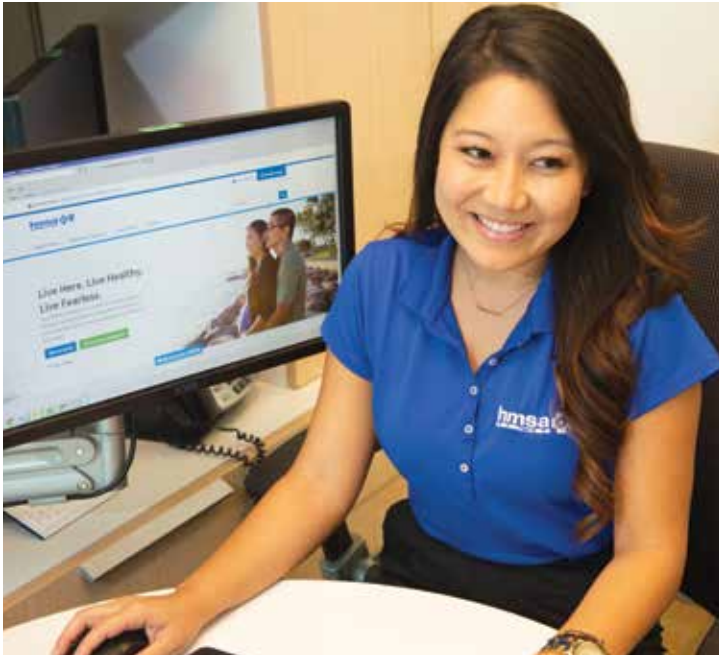
- **It's your choice.** Document your health care wishes in an advance care planning directive. The directive will tell your doctors how you want to be cared for if you can't make decisions for yourself. This process is recommended for everyone 18 and older, even if they're in good health.

This service is available at no cost when you see a provider in our network.

- **Pregnancy support.** In the HMSA Pregnancy Support Program, you'll be paired with a maternity nurse who'll provide education and supplement the care you receive from your ob-gyn.

For a full description of your benefits, go to hmsa.com/eutf to download your *Guide to Benefits*.

Questions? We're here for you. Call us at 948-6499 on Oahu or 1 (800) 776-4672 toll-free or visit us at an HMSA Center or office. For locations and hours, see the back cover of this guide.



PERSONAL SCREENING CHECKLIST



Here are preventive health screening recommendations for:

Member's name: _____

Note: This checklist isn't a substitute for your doctor's advice. Your doctor may recommend more or less frequent screenings based on your individual needs.

Recommended Screening	Details
<input type="checkbox"/> Blood pressure	If you have hypertension (high blood pressure) or diabetes and your last blood pressure reading was too high. If you don't have high blood pressure, every one to three years depending on your last blood pressure reading.
<input type="checkbox"/> Body mass index	Everyone at least every two years.
<input type="checkbox"/> Breast cancer screening	If you're a woman 50–74 years old, at least every other year.
<input type="checkbox"/> Cervical cancer screening	If you're a woman 21–65 years old, a Pap smear every three years. If you're over 30, you could have a Pap smear combined with an HPV test every five years instead.
<input type="checkbox"/> Colorectal cancer screening	If you're 50–75 years old (man or woman), every one to 10 years depending on the test used.
<input type="checkbox"/> Diabetes test	If you have diabetes: <ul style="list-style-type: none"> • A blood sugar test called a hemoglobin A1c test every six months. • A kidney disease (nephropathy) test every year. • A retinal eye exam every year or every other year if there were no problems with your last test. If you don't have diabetes and you're 40 years old or older or if you're younger but overweight or in poor health, you should get screened for diabetes every three years.

Your primary care provider (PCP)

We believe it's important that you have a PCP to work with you to take care of your health.

If you have a PCP: Schedule your next appointment now.

My PCP's name: _____

Make appointment by: _____

If you don't have a PCP:

- Visit hmsa.com and click Find a Doctor.
- If you need help, call us at 948-6499 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands and Mainland, Monday through Friday, 7 a.m. to 7 p.m. or Saturday, 9 a.m. to 1 p.m.

Quick Reference Guide for Preventive Screenings

Blood pressure check

A blood pressure check is recommended for everyone. A blood pressure plan is recommended for people whose most recent blood pressure test was high.

Body mass index (BMI)

BMI is a number calculated from your weight and height. It's an indicator of body fat and is used to screen for excess weight that may lead to health problems.

Breast cancer screening

A mammogram is recommended for women ages 50 to 74. The test looks for abnormal cells in breast tissue that could lead to cancer.

Cervical cancer screening

These tests are recommended for women ages 21 to 65. There are two tests. A Pap smear looks for abnormal changes in cells in the cervix that could lead to cancer. An HPV test looks for a virus that causes cervical cancer.

Colorectal cancer screening

A colorectal cancer screening is recommended for people ages 50 to 75. This screening looks for abnormal cells and polyps in the colon and rectum that could lead to cancer. Since there are different tests, your doctor can recommend which test is right for you.

Diabetes checkup: Blood sugar test

A blood sugar test is recommended for people with diabetes. High blood sugar can lead to heart attack, stroke, nerve damage, poor circulation, sexual dysfunction, kidney failure, and blindness.

Diabetes checkup: Eye exam

A dilated retinal eye exam (which is different from a regular eye exam) is recommended for people with diabetes. This exam looks for damage to the eye caused by high blood sugar and high blood pressure.

Diabetes checkup: Kidney function test

A kidney function test is recommended for people with diabetes ages 18 to 75. This test looks at your kidneys' ability to filter blood.

Serving you

Meet with knowledgeable, experienced health plan advisers. We'll answer questions about your health plan, give you general health and well-being information, and more. Visit hmsa.com for directions.

HMSA Center @ Honolulu

818 Keeaumoku St.

Monday through Friday, 8 a.m.–6 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center @ Pearl City

Pearl City Gateway | 1132 Kuala St., Suite 400

Monday through Friday, 9 a.m.–7 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center @ Hilo

Waiakea Center | 303A E. Makaala St.

Monday through Friday, 9 a.m.–7 p.m. | Saturday, 9 a.m.–2 p.m.

HMSA Center @ Kahului

Puunene Shopping Center | 70 Hookele St., Suite 1220

Customer Relations representatives are also available in person at our Neighbor Island offices, Monday through Friday, 8 a.m. to 4 p.m.:

Kailua-Kona, Hawaii Island | 75-1029 Henry St., Suite 301

Phone: 329-5291

Lihue | 4366 Kukui Grove St., Suite 103 | Phone: 245-3393

Contact HMSA. We're here for you.

Call 948-6499 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands or Mainland.

Monday through Friday, 7 a.m.–7 p.m. | Saturday, 9 a.m.–1 p.m.

hmsa.com/eutf



Together, we improve the lives of our members and the health of Hawaii.
Caring for our families, friends, and neighbors is our privilege.

