



FEEL BETTER WITH HMSA'S BEHAVIORAL HEALTH PROGRAM

High stress and anxiety are common in today's fast-paced world. If you're ready to make a change for your emotional and overall health, HMSA's behavioral health program can give you tools that you can use to feel better.

HOW THE PROGRAM WORKS

We've partnered with Beacon Health Options® to offer members and their dependents services such as:

- Referrals to behavioral health providers, resources, and services.
- Condition-specific education for members and support resources for their loved ones.
- Case management if needed.

To learn more about the program, call Beacon Health Options at 695-7700 on Oahu or 1 (855) 856-0578 toll-free on the Neighbor Islands.

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

If you're having an emergency and are in immediate danger of harming yourself or others, call 911 or go to the nearest hospital.

Beacon Health Options® is an independent company providing utilization and quality management services for behavioral health services on behalf of HMSA.

