

# HMSA's Annual Physical Exam Benefit for HSTA VB Active & Retirees and EUTF Retirees

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 HSTA VB Actives & Retirees and EUTF Retirees.\* If you need to find a physician, you can use the Find a Doctor tool on [hmsa.com/eutf](https://hmsa.com/eutf).

For a full description of your benefits, go to [hmsa.com/eutf](https://hmsa.com/eutf), hover over Health Plans, and click Active Employees. Find your plan in the table, scroll to Full plan benefit details, and click Medical.

Questions?

948-6499 on Oahu

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

\* Excludes EUTF Active plan members. For HSTA VB Active plan members, physical examinations (routine annual checkups) are covered for ages 22 years and above. Routine and preventive care is covered from birth through age 21 under the Well-Child Care plan benefit. For EUTF and HSTA VB Retiree plan members, physical examinations are covered for ages 7 years and above. Routine and preventive care is covered from birth through age 6 under the Well-Child Care plan benefit.

## Federal law requires HMSA to provide you with this notice.

HMSA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. HMSA does not exclude people or treat them differently because of things like race, color, national origin, age, disability, sex, gender identity or sexual orientation.

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.

**Ilocano:** ATENSION: No Ilocano ti pagsasaoyo, adda dagiti serbisyo a tulong iti lenguahe, nga awan bayadna, a mabalinyo a maala. Para kadagiti miyembro ti Quest Integration, tumawag kayo iti 1 (800) 440-0640 toll-free, para kadagiti miyembro ti Medicare Advantage ken Komersyal a miyembro, tumawag kayo iti 1 (800) 776-4672 toll-free.

TDD/TTY: 1 (877) 447-5990.

**Tagalog:** BIGYANG-PANSIN: Kung Tagalog ang ginagamit ninyong wika, may mga serbisyo na tulong sa wika, na walang bayad, na maaari ninyong makuha. Para sa mga miyembro ng Quest Integration, tumawag sa 1 (800) 440-0640 toll-free, para sa mga miyembro ng Medicare Advantage at Komersyal tumawag sa 1 (800) 776-4672 toll-free.

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