

Put your health first with preventive care



Preventive care is an investment that can help you at every stage of life. Even if you don't have health problems now, annual visits with your doctor can help you stop future health problems before they start. Plus, your visit is included in your HMSA plan. Here's how to make the most of your preventive care benefits.



Know what's included in your plan

On July 1, 2019, active EUTF members* can schedule an annual preventive health evaluation (APHE) with a primary care provider (PCP) in our network. The evaluation includes:

- A health assessment.
- A review of your health history.
- Discussion of health risks.
- Review of prior screening results.
- Additional screenings as needed.

To learn more about the APHE and other health plan benefits, go to 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.



Find your doctor

The APHE is available at no cost when you see a PCP in our network. If you don't have a PCP, go to hmsa.com/eutf and click Find a Doctor.



Schedule your visit

Call your PCP to schedule your APHE. This visit is especially important if you haven't seen your PCP in a while.

Questions?

We're happy to help! Call 948-6499 on Oahu or 1 (800) 776-4672 toll-free on the neighbor islands.

*Excludes EUTF members with HSTA VB plans. Similar services for members under age 22 are covered under the Well-Child Care plan benefit.



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