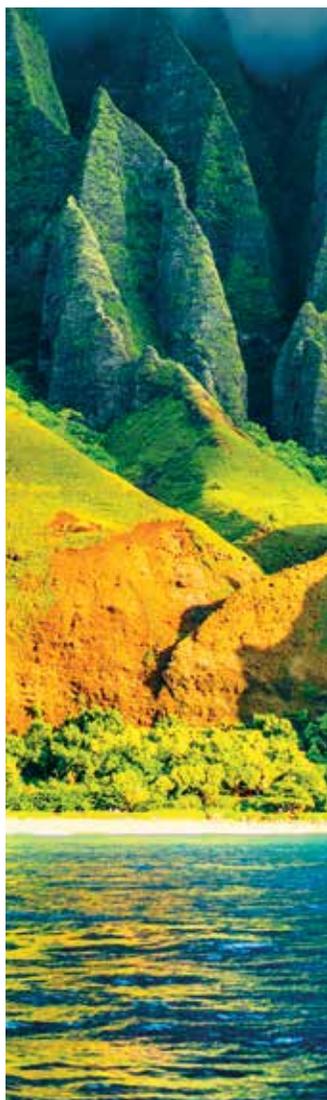


# EUTF Well-being Benefits Guide



For retirees and  
their family members



Live well, get well, stay well.

October 2019



An Independent Licensee of the Blue Cross and Blue Shield Association

Spend your retirement in the best possible health and do more of what you love.



With HMSA, it's easy to take care of yourself with preventive care and programs that help you maintain or improve your health. Preventive care can help to lower health care costs and prevent chronic disease and costly hospital admissions. Here are three ways to take care of your health.

### Step one

Measure your health. Schedule an annual physical exam with your primary care provider (PCP). The exam includes routine vision and hearing tests, blood count, chest X-ray, biochemistry panel, electrocardiogram (for members age 40 and up), and an optional audiogram. The copayment is \$0 for retiree plans when you see a PCP in HMSA's network.

Need to find a PCP? Go to [hmsa.com/eutf](http://hmsa.com/eutf) and click Find a Doctor. Be sure to select your plan.

### Step two

Prepare for your exam. See the screening checklists on pages 5 and 6 and use the one that's appropriate for your age and gender. Then, discuss the recommended screenings with your doctor.



## Step three

Learn more. Once you have a measure of your health, see the tools and programs you can use to maintain or improve it.

### Preventive care

- The HMSA Diabetes Prevention Program can help eligible members prevent diabetes through healthy lifestyle changes. Participating program sites include the YMCA of Honolulu's Kaimuki-Waialae, Kalihi, Leeward, Mililani, Nuuanu, and Windward branches. The program is a new benefit for retirees with Medicare starting Jan. 1, 2020.
- Health education workshops, which are available at no cost to members, cover stress management, flu prevention, the health benefits of sleep, and other health topics. Space is limited and registration is required.

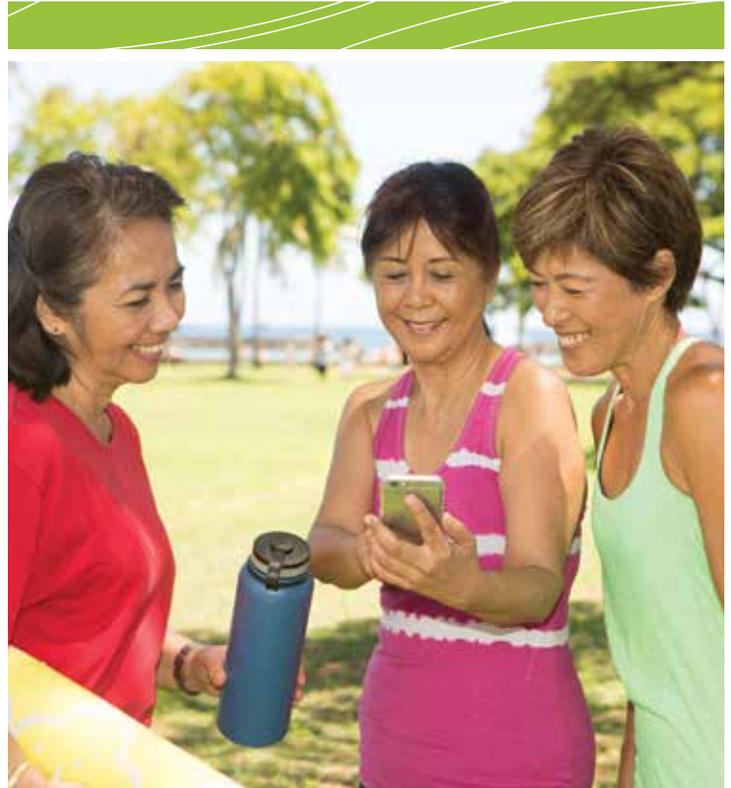
### Lifestyle resources

- Members save money on health and fitness products and services through HMSA365 and Active&Fit Direct™. HMSA365 offers members discounted yoga classes, massage therapy, acupuncture, and more. With Active&Fit Direct, members can get a discounted membership at participating gyms and fitness centers.
- HMSA's *Island Scene* magazine, which is sent to members four times a year, is full of inspiration for your health and well-being. Read the magazine for fitness tips, well-being stories, and healthy recipes at home or online at [islandscene.com](http://islandscene.com).



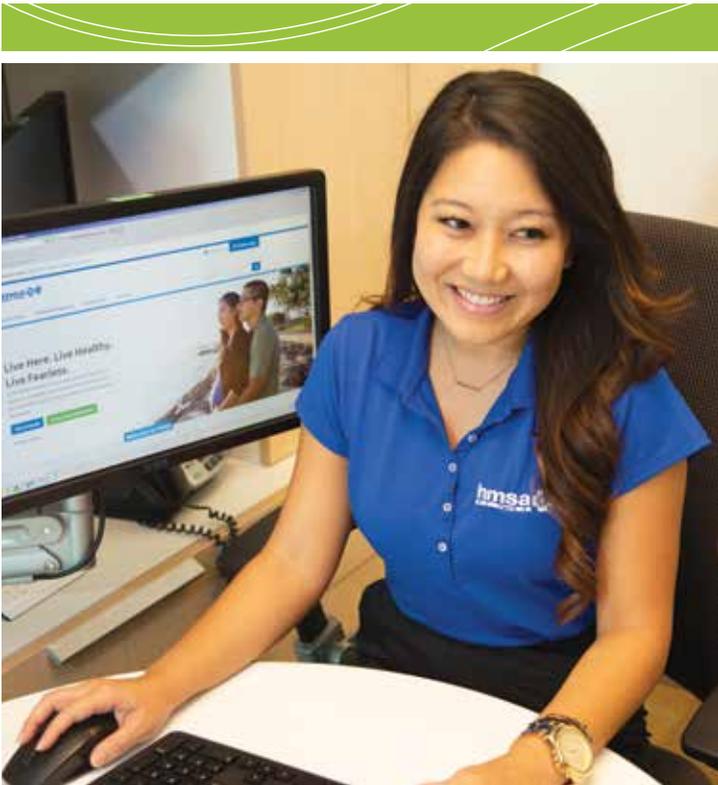
## Health care resources

- Save time and money with HMSA's Online Care®, which offers 24/7 online access to providers from anywhere in Hawaii. Online Care providers can help with treatment for common conditions, sudden conditions such as a sinus infection, and chronic conditions like diabetes. You can also use Online Care to talk to a psychologist or marriage and family counselor. Online Care should not be used for emergency care.
- Another option for after-hours care is to visit a CVS/minuteclinic®, which is in selected Longs Drugs stores. At CVS/minuteclinic, practitioners can help with treatment for minor illnesses, injuries, skin conditions, and more.
- Advance care planning is a process that documents your health care wishes in a set of instructions that tells 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.
- Supportive care is comfort care for patients who have a serious illness or condition. A team of doctors, nurses, and other specialists supports patients while they undergo disease-modifying treatments and life-prolonging therapy.



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





## Health improvement programs

- Quitting tobacco is hard to do. Make a clean break with support from the Hawai'i Tobacco Quitline. Call 1 (800) QUIT-NOW.
- Ready to make a change to improve your health and fitness? Call 1 (855) 329-5461 to connect with an HMSA health coach.
- HMSA Health and Well-being Support provides education and resources to help members living with asthma, diabetes, COPD, heart disease, and high blood pressure.
- The Ornish Lifestyle Medicine™ program can help eligible members improve their health through diet, exercise, stress management, and group support. Members with heart disease or multiple cardiac risk factors may be eligible to participate. Participating program sites include 'Ekahi Health System, Hilo Medical Center, Island Heart Care, and Straub Medical Center.



## Go online

Log in to My Account to access all your health plan information in one place. Visit [hmsa.com/eutf](https://hmsa.com/eutf) and click Member Resources.



# ADULTS AGES 21 TO 65 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"> <li>• A blood sugar test called a hemoglobin A1c test every six months.</li> <li>• A kidney disease (nephropathy) test every year.</li> <li>• A retinal eye exam every year or every other year if there were no problems with your last test.</li> </ul> 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](http://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.

# ADULTS AGE 65 AND OLDER 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"/> Bone mass density test	If you're a woman age 65 and older or if you're a man age 70 and older, every other year to screen for osteoporosis.
<input type="checkbox"/> Breast cancer screening	If you're a woman 50–74 years old, at least every other year.
<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"> <li>• A blood sugar test called a hemoglobin A1c test every six months.</li> <li>• A kidney disease (nephropathy) test every year.</li> <li>• A retinal eye exam every year or every other year if there were no problems with your last test.</li> </ul> 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.

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# 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.

## **Bone mass density**

This test checks your risk for broken bones. It's recommended for women over age 65 and men over age 70.

## **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.



# NOTES

# 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](https://hmsa.com) for directions.

## **HMSA Center @ Honolulu**

818 Keeaumoku St.

Monday through Friday, 8 a.m.–5 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.–6 p.m. | Saturday, 9 a.m.–2 p.m.

## **HMSA Center @ Hilo**

Waiakea Center | 303A E. Makaala St.

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

## **HMSA Center @ Kahului**

Puunene Shopping Center | 70 Hookele St., Suite 1220

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

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** | 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.

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[hmsa.com/eutf](https://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.

